Srinagar Wednesday February 07 | 2024 24 Rajab 1445 Issue No: 32 Volume: 14

www.dailyheadlinestoday.com YEAR OF PUBLICATION HEADLINES Price: Rs 02/-**Voice To The Voiceless** Pages: 12

'Wanted To Take Pressure Off Rohit' - Boucher On Hardik Captaining Mumbai Indians **DC Srinagar inspects progress** of construction works on Migrant Transit...

Talented Local Youth Should get Preference in Recruitment: LG Sinha to Management of Atomic North

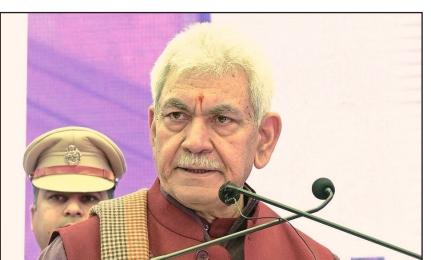
In 1st phase, Atomic North will start BPO operation with 100 executives including more than 90% of local youth

HT News Network

BILLAWAR, KATHUA, FEB 06: Lieutenant Governor Shri Manoj Sinha inaugurated the new office Complex of the Atomic North Private Limited at Durang Village, Billawar, Kathua today.

The Lt Governor congratulated the IT Services Company, the youth and residents of Billawar and adjoining areas on the momentous occasion. He commended the Atomic North for its commitment to creating large job opportunities and fostering technological innovation in the region.

"Atomic North is a leading IT services company with offices in India, Canada, USA, United Kingdom and its



expansion in rural J&K is a testimony of government's commitment to revive the economy of villages," the Lt Governor

The Lt Governor suggested the Atomic North management to skill and reskill the youth of Billawar and nearby areas and give them preference in recruitment so that the local talents can be utilised and this venture gives new impetus to rural transformation.

In 1st Phase, Atomic North will start BPO operation with 100 executives. More than 90% are local youth. In the next phase, the Company will build a data center, a Network Operations Center and a Security Operations Center which

NEWS BRIEF

Sopore Man Kills Brother During Scuffle

SRINAGAR, FEB 6: A resident of North Kashmir was arrested for allegedly killing his brother following a violent scuffle.

The incident took place on Sunday at Wadoora village of Sopore sub-

Police said they received information through reliable sources that a scuffle occurred between two brothers at Wadoora during which, Abid Ahmad Bhat was hit by his elder brother Tawseef Rashid who got seriously injured.

In this regard, a case under section TURN ON.....PAGE 02

Kashmir's last staple artisan preserves tradition amid automation threat

SRINAGAR.FEB 06: Ghulam Rasool Sofi, aged 60, stands as the final bastion of a dying craft.

Born into a lineage of artisans, he has dedicated his life to this handiwork that defines Kashmir's cultural heritage. However, as machines encroach upon tradition, Sofi's artistry faces an uncertain future.

Talking with news agency-Kashmir News Observer (KNO), he explained the decline of his beloved crafts saying, "I challenge there will be no one like me in the whole of Kashmir skilled

GDA fails to utilise full budget funds since 2019

SRINAGAR, FEB 06: In the past five years, Gulmarg Development Authority (GDA) has never utilized a fully allocated budget and funds-raising a question on the functioning of the tourism development authority.

The official figures reveal that the expenditure of the budget of every fiscal of those five years from 2019-23 was never accomplished.

According to the news agency— Kashmir News Observer (KNO), in the year 2019 the government has allocated a budget of Rs 607.73 lakhs and Rs 609.38 lakhs respectively.

However, the Public Information

Officer (PIO) of GDA in a reply to TURN ON.....PAGE 02

Key Conspirator Of Recently Busted Terror Module In Kupwara Arrested In Delhi: Police

HT News Network

NEW DELHI, FEB 6: A key accused, who was wanted in the recently busted terror module case in Jammu and Kashmir's Kupwara district, was arrested in New Delhi, police said.

Police said key accused in the case Riyaz Ahmed, a retired soldier, a resident of a village close to the Line of Control in Kupwara district, was arrested on Sunday at New Delhi Railway station.

"He was involved in hatching conspiracy along with one Khursheed Ahmad Rather and Ghulam Sarwar
TURN ON.....PAGE 02

India To See Investment Of USD 67 Billion In Next 5-6 Years In Energy **Sector: PM Modi**

■ HT News Network

GOA, FEB 6: Prime Minister Narendra Modi on Tuesday said that India will see an investment of USD 67 billion in the energy sector in next 5 to 6 years as he invited global investors to participate in India's growth

Inaugurating the second edition of the India Energy Week here, Modi said the Indian economy is growing at



the rate of more than 7.5 per cent and the country will soon become the world's third-largest economy.

He invited global players to participate in India's energy sector growth, saying that the country is expected to increase its refining capacity from 254 MMTPA (million metric tonne per annum) to 450 MMTPA by 2030.

He said, "In next 5-6 years, the investment of USD 67 billion is going to be done in energy sector in India." The prime minister further said that India is investing unprecedented money in the energy sector that has never happened before.

He also said that the country's primary energy demand will be doubled by 2045.

India, Modi said, is the third-largest consumer of crude oil and LPG and the fourth-largest importer of LNG.

LS PASSES J&K **LOCAL BODIES LAWS** (AMENDMENT) **BILL, 2024**

HT News Network

NEW DELHI, FEB 6: The Jammu and Kashmir Local Bodies Laws (Amendment) Bill, 2024



was passed in the Lok Sabha on Tuesday. The bill seeks to amend certain provisions of the Jammu and Kashmir Panchayati Raj Act, 1989; the Jammu and Kashmir Municipal Act, 2000; and the Jammu and Kashmir

TURN ON.....PAGE 02

No Respite From Cold Conditions In Kashmir Valley

HT News Network

SRINAGAR, FEB 6: There was no respite from the intense cold wave conditions in Kashmir on Tuesday as the minimum temperatures stayed several degrees below freezing point at most places in the valley, a MeT department official said.

Pahalgam tourist resort in south Kashmir which serves as the base camp for the annual Amarnath yatra, recorded a TURN ON.....PAGE 02



Jammu-Srinagar **National Highway Closed** For Repair Works

■ HT News Network

BANIHAL/JAMMU, FEB 6: Authorities on Tuesday suspended traffic along the strategic Jammu-Srinagar national highway to undertake repair works at several

Inflation Within Tolerance Band; Govt Taking Steps To Check Price Rise: Sitharaman

■ HT News Network

NEW DELHI, FEB 6: Finance Minister Nirmala Sitharaman on Tuesday said the inflation has come down within the tolerance band as a result of the steps taken by the government to check price rise, especially in perishable commodities.

Replying to a question in the Rajya Sabha, Sitharaman said Bhabha Atomic Research Centre (BARC) is working with the government on de-humidi-



fication of onions through Gamma Rays to give it a longer shelf life.

TURN ON.....PAGE 02

DGP sanctions over Rs 1.42 cr welfare loan, relief

■ HT News Network

JAMMU, FEB 6: Jammu and Kashmir Director General of Police, R. R. Swain, sanctioned a welfare loan and relief exceeding Rs 1.42 crore for the benefit of 100 police personnel on Tuesday.

As per the official handout, the welfare loan and

relief cover marriage expenses, medical

TURN ON.....PAGE 02

LS Passes Landmark Examination Bill By Dr Jitendra; Seeks Safeguards For Youth, Children

■ HT News Network

NEW DELHI, FEB 6: The Lok Sabha today passed 'The Public Examinations (Prevention of Unfair Means) Bill, 2024' moved by Union Minister Dr Jitendra

Replying to an extensive debate on the Bill in which around 25 MPs from different political parties spoke, Dr Jitendra Singh said, the legislation seeks safeguards for "our youth and children".

The legislation aims at curbing leaks, malpractices as well as organised malpractices in recruitment examinations like UPSC, SSC etc and entrance tests such as NEET, JEE and CUET.

"Prevention of Unfair Means Bill, 2024"



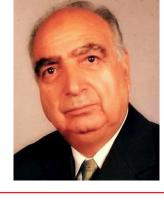
will also cover entrance examinations held by the Union Public Service Commission, the Staff Selection Commission, the Railways, banking recruitment examinations and all computer-based TURN ON.....PAGE 02

HT TRIBUTE

Kashmir's Veteran Broadcaster, Farooq Nazki is No More

■ HT News Network

SRINAGAR FEB 06: Farooq Nazki, Kashmir's veteran broadcaster, among the pioneers in Television media, is no more. He was 83. Family sources confirmed that Nazki breathed his last at a hospital in Katra after a massive heart attack. He was unwell for a long time but earnest for last year.



Chief Patron of Lubaab Publications, Headlines Today Group and Kruhen Cultural Forum Muradabad Kreeri, Syed Sad-ud-din Saidi has Condoled the sad demise. Editor in Chief of daily Headlines Today Jahangir Bukhari has described Nazki Sahib as an epitome of simplicity and great Writer and orator.

A veteran broadcaster TURN ON.....PAGE 02



CMYK

CONTINUE FROM FRONT PAGE.....

Talented Local.....

will provide employment to 1500 youth and further drive economic growth.

13TH HEADLINES

The Lt Governor said the State-of-the-Art facility, equipped with cutting-edge technology and innovative facilities, is poised to give new momentum to the capacity building of young talent pool of Jammu Kashmir.

The initiative aligns with the vision of J&K Administration to empower local communities and promoting sustainable growth in the IT-enabled services sector, he further added.

I am confident that Atomic North's venture will put customer service at the heart of the company, and reduce the physical distance in today's globalised world. It will inspire the other IT companies to set up their businesses in hinterland to create rural technology hubs in J&K, the Lt Governor said.

The Lt Governor also reiterated the resolve of the J&K Administration to facilitate the on-ground implementation of industrial investments in the UT.

He assured every support from the administration for the setting up of new ventures of IT and IT-enabled services sector companies in the Union Territory.

Sh Sanjeev Sapolia, Managing Director, and Sh Arun Prakash CEO, Atomic North Private Limited, reaffirmed the commitment of Atomic North to supporting economic growth in rural areas and contributing to the overall development of the region. They also expressed gratitude to the UT Administration for the support and cooperation.

Col. Mahan Singh (Retd), DDC Chairman Kathua; Sh Anand Jain, ADGP Jammu; Sh Vikramjit Singh, Commissioner Secretary, Industries & Commerce Department; Sh Ramesh Kumar, Divisional Commissioner Jammu; Sh Rakesh Minhas, Deputy Commissioner Kathua and senior officers, prominent citizens and youth in large number were present.

India To See.....

Petrol and diesel prices reduced in India in last two years, said the prime minister recounting the country's energy management strategy in face of global problems.

He said all experts are of the opinion that India is the fastest growing major economy and will soon become the

world's third-largest economy. India's GDP growth is now more than 7.5 per cent, he said, adding that this is

more than estimated by global bodies. Government reforms are helping boost domestic natural gas production and India is targeting to raise the share of gas in its energy mix to 15 pc by 2030, he

About the blending of ethanol in petrol, he noted that it has increased from 1.5 pc to 12 pc in last 10 years.

Ethanol blending in petrol will reach

20 pc by 2025, he added. India accounts for just 4 pc of global emissions and is targeting net zero by 2070, the prime minister said, adding that surplus electricity generated from just-announced scheme of installing solar rooftop on one crore homes will be connected to grid. (Agencies)

Key Conspirator....

Rather (both arrested by J&K Police on January 27) in receiving arms and ammunition from across the LoC by the terrorist handlers," police in Delhi said.

J&K Police and Army on January 27, arrested five Lashkar-e-Toiba militant associates who were allegedly involved in smuggling of arms and ammunition in Kupwara district.

The module was being operated by two Pakistan occupied Kashmir based terrorist handlers Manzoor Ahmad Sheikh alias Shakoor of Gabra Karnah and Qazi Mohammad Khushal of Dhanni Karnah both at present operating from across the border. Security forces also recovered five AK rifles (short), 5 AK Magazines, 16 short AK rounds from the five arrested militant associates.

In a statement, Police said on February 4 a specific information was received from investigation agencies in Jammu & Kashmir that Riyaz Rather, who is wanted in the recent terror module case busted by them, is absconding and would reach New Delhi Railway Station in the

wee hours. "Sensing the gravity of the matter, a police team led by Inspector Vishwanath Paswan SHO/NDRS, was immediately deployed at all the entry/exits and strategic points of New Delhi Railway Station. The alert staff acted promptly and identified Riyaz in the crowd and apprehended him, when he was trying to flee from Exit Gate no 1, of New Delhi Railway Station in the early morning

hours," police said. The accused was subjected to intensive interrogation, and it was revealed that he along with his friend Altaf had boarded Mahakaushal Express from

Jabalpur and reached Hazarat Nizamuddin railway station at about 3 PM on February 3.

"From there they took an auto and reached NDRS. Rivaz Rather was about to go to some other hideout. Riyaz is suspected of having received a consignment of arms and ammunition from Khursheed Ahmad Rather and Ghulam Sarwar Rather both already arrested by I&K Police. Accused Riyaz Ahmad and his friend Altaf have retired from Indian Army on 31.01.2023," police said.

Police said one mobile phone and one SIM card has been recovered from his

"Riyaz has been arrested under appropriate sections of law and Police Officials of the concerned Police Station of J&K have been informed for further necessary action at their end," the statement said adding further investigation is continuing to unearth the whole conspiracy. (UNI)

LS Passes J&K.....

Municipal Corporation Act, 2000. The legislation is also intended to provide reservations to the other backward classes in the panchayats and municipalities in the Union territory of Jammu and Kashmir and to bring consistency in the local bodies laws of the Union territory with the provisions of the Constitution.

Earlier, moving the bill, Minister of State for Home Nityanand Rai said the OBCs had been ignored so far in J&K.

Describing the bill as progressive legislation, the minister said, After the abrogation of Article 370, J&K is on the path of development, and the OBC community will get reservations in local bodies through this legislation.".

Initiating the discussion, Jasbir Singh Gill of Congress said the OBC quota in J&K local bodies is a good move. The Congress leader, however, demanded some provisions for the representation of minority Sikhs in local bodies in the UT.

Participating in the discussion, Jugal Kishore Sharma, MP from Jammu, described the bill as "historic" and accused the Congress, NC, and PDP of not doing justice to the OBC community in

Earlier, a huge ruckus broke out in Lok Sabha on Tuesday after Dravida Munnetra Kazhagam (DMK) MP TR Baalu called Union MoS L Murugan 'unfit to be a

minister'. The ruckus erupted when a discussion during Question Hour on damages caused by natural disasters was underway.

Meanwhile, the Bharatiya Janata Party termed it an insult to the entire Dalit community.

Union Ministers Pralhad Joshi and Arjun Ram Meghwal said that the DMK MP cannot call their colleague 'unfit'.

"Sir, it is not right to call an SC minister unfit. This is an insult to a Dalit. We want Baalu to apologize," Meghwal said.

Later, not satisfied with the answer of the government on damage caused by natural calamities in Tamil Nadu, the members of the DMK and Congress staged a walk-out from the House. (UNI)

No Respite.....

low of minus 11. degrees Celsius and was the coldest recorded place in the valley last night.

The mercury in Gulmarg skiing resort in north Kashmir fell to minus 10.5 degrees Celsius from previous night's minus 10.0 degrees Celsius.

Kokernag and Qazigund towns in south Kashmir recorded a low of minus 2.4 degrees Celsius and minus 2.0 degrees Celsius respectively, the official said.

Srinagar, the summer capital of Jammu and Kashmir, recorded a low of minus 2.4 degrees Celsius compared to previous night's minus 0.4 degrees

As forecast, the weather improved in Kashmir on Tuesday morning as sun shone over the valley after nearly four days of overcast skies.

Although 'Chilla-i-Kalan' — the 40-day harshest winter period — ended earlier this week, the cold wave has continued in Kashmir.

The valley is currently going through a 20-day-long 'Chilla-i-Khurd' (small cold) which shall be followed by a 10-day 'Chilla-i-Bachha' (baby cold). (Agencies)

Jammu-Srinagar.....

places in Ramban district, officials

said. Repairs were necessitated after snowfall and heavy rains last Thursday rendered the arterial road severely damaged at several places between

Nashri and Banihal, the officials said. They said several earth movers were pressed into the service by the agencies concerned at the affected portions, including Kishtwari Pather, Sher Bibi, Nachlana, Hingni, Shalgadi, Mehar, Cafeteria Morh and Dalwas, where the

rain-triggered landslides had reduced the road to single lane.

The 270-km highway is the only allweather road linking Kashmir with rest of the country and the damaged portions along with slippery conditions due to snow at a few more places had badly hit the smooth movement of vehicles over the past one

"The road widening operation is going on at over half-a-dozen places to make the highway safe for travel. Besides, a mixture of urea and salt has been sprinkled on the icy road at Sher Bibi, Nachlana, Rattan Bass and Chamalwas to address the problem of slow movement of vehicles," Senior Superintendent of Police, Traffic (National Highway), Rohit Baskotra said.

He said the traffic on the highway was suspended for two hours at Dalwas on Monday as well to remove the landslide

"We are hopeful of completing the repair work by Wednesday morning to ensure resumption of vehicular movement on the highway from both sides," he said.

Besides the Jammu-Srinagar national highway, the 434-km Srinagar-Leh national highway, Mughal road connecting twin border districts of Poonch and Rajouri with south Kashmir's Shopian, Bhaderwah-Chamba road linking Doda district with Himachal Pradesh and Kishtwar-Sinthan-Anantnag have been closed for the past one week due to snow accumulation. (Agencies)

Inflation Within.....

"The government is seized of the difficulties, which arise due to shortage of perishable goods, which are not grown in India. The committee sits and reviews periodically, and the efforts have shown on the ground that inflation is now within the tolerable band," she said.

India's retail inflation has declined from an average of 6.8 per cent in April-December 2022 to 5.5 per cent in the corresponding period of 2023. The retail inflation is now stable and within the notified tolerance band of 2 per cent to 6 per cent.

The minister said that in order to check the volatility in prices of onion, the government has progressively increased its buffer size from 1 lakh metric tonnes (LMT) in 2020-21 to 7 LMT in 2023-24. As of February 3, 2024, a total of 6.32 LMT of onion was procured, and 3.96 LMT of Grade-A onion was released through retail sales, e-Nam auction and bulk sales.

"Currently, steps are being taken so that the preservation of very highly perishable commodities, like onion, can be improved," she said, adding lots of steps have been taken by the government, particularly for meeting the shortage in supply of perishable goods.

Sitharaman said India has imported 8.79 lakh metric tonnes of Tur Dal and 15.14 lakh metric tonnes of Masoor Dal in calendar year 2023. Similarly, the country imported other dals and released them in the market.

India has also brought the branded 'Bharat Dal' through which Chana Dal is made available at Rs 60/kg for one kg pack and Rs 55/kg for 30 kg packs. 2.97 lakh metric tonnes of Chana have been sold already as of January 30, 2024. 'Bharat Dal', which is coming at a concessional price, is available in all retail markets

"Since we don't grow enough pulses in the country and due to a shortfall in supply, prices of pulses normally keep fluctuating, for which, by analysing the crop estimates, we start tying up for imports," Sitharaman

Retail inflation, based on the Consumer Price Index (CPI), in December 2023, stood at 5.69 per cent. (Agencies)

DGP sanctions.....

treatment costs, and higher education aspirations of the wards of police personnel.

About Rs 51 lakh has been sanctioned for 44 police personnel to assist in the marriage expenses of their sons and daughters/ self-marriage, read the handout, adding, "For medical treatment expenses, Rs 72.5 lakh has been allocated to assist 48 police personnel, with amounts ranging from Rs 01 lakh to Rs 03 lakh."

To support the higher education aspirations of police personnel's children, the DGP has also sanctioned welfare loans totaling Rs 10.5 lakh for seven police personnel.

In addition to this, the DGP has also sanctioned welfare relief in favour of 28

police personnel. The welfare loans are refundable and deducted from the salaries of police personnel in monthly installments without any

interest, as stated. The handout further reads that, however, the welfare relief granted is non-refundable, while these financial aid initiatives demonstrate the commitment of the police headquarters to help police personnel and their families in times of need.

LS Passes Landmark.....

examinations conducted by the National Testing Agency.

Initiating discussion in the house on the Bill, the Union Minister of State (Independent Charge) Science & Technology; MoS

PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh said, one after another we have witnessed incidents of malpractices, paper leak, impersonation etc from various parts of the country. In Rajasthan, there have been 12 incidents of malpractices since 2018 while the Sub-Inspector Recruitment scam surfaced in Jammu & Kashmir in March, 2022 and SSC Combined Graduate Exam in 2017, he said.

"There are several instances but prominently, in West Bengal, the Diploma in Elementary Education paper in November, 2022 was leaked, again in the same state in February, 2023 English paper leaked besides School Service Commission, West Bengal also leaked. In December, 2022 Teacher Recruitment Scam unravelled in Rajasthan while in February, 2022 the Rajasthan Eligibility Exam for Teachers was also plagued by malpractices and the exam had to re-conducted. In May, 2022 Rajasthan Police Constable Recruitment Exam was hit by a scam," he said.

Cutting across party lines, Dr Jitendra Singh said the matter is above politics and that there is no difference of opinion among members of the House. The Bill is aimed at curbing corrupt practice by few unscrupulous elements that plays havoc with the future of our youth, destroying their careers and aspirations and occasionally resulting in fatal suicides, he said.

"The future of our youth up to 40 years of age, who comprise 70% of our population, is at stake, who are stakeholders in the Viksit Bharat of 2047," he said.

Later, replying to the debate, Dr Jitendra Singh clarified that the students or the candidates appearing in these examinations have been kept out of the purview of Bill and assured that they will continue to be governed as per provisions of the agencies conducting the exams. Dr Jitendra Singh said, for the first time by this Government, all exams held by the UPSC and SSC are now being conducted in 13 regional languages and efforts are on to conduct exams in all regional 22 Scheduled Languages.

Stating that technology is being widely used by unscrupulous elements, the DoPT Minister said technological solutions will be used to tackle the menace and a surveillance committee will be constituted to address those concerns.

The rationale for bringing this Bill, Dr Jitendra Singh said, is that it specifically addresses issues related to unfair means in the conduct of exams that are not covered under the purview of the Bharatiya Nyaya

Earlier, Dr Jitendra Singh said, the Modi Government has initiated youth-centric provisions and schemes in the last ten years, such as ensuring transparency and providing equal opportunity and level-playing field in recruitments and higher studies.

"Soon after swearing in as Prime Minister in May 2014, within a couple of months Shri Narendra Modi took a major initiative by scrapping the rule of attestation of documents by a Gazetted Officer, a dubious legacy of the British Empire. This rule should have been done away with immediately after Independence, but we had to wait for PM Modi to fulfil the aspirations of the youth and thus self-attestation was introduced," he

Dr Jitendra Singh said, PM Modi, later in his Independence Day address to the nation from the ramparts of the Red Fort, had called for why not interviews be scrapped in Government recruitment and higher education to curb favouritism and corrup-

"Acting promptly, the DoPT completed this exercise in three months, and w.e.f. 1st January 2016 Interviews were abolished across the country," he said.

Dr Jitendra Singh said, examinations were made computer-based and online to ensure transparency and exams are now being conducted in a timebound manner to provide the youth equal opportunity. Recently, under the vision of PM Modi, a series of Rozgar Melas was initiated where 50-70 thousand appointment letters are being disbursed in bulk. Mass promotions have also been initiated, he said.

Reiterating that the Government led by PM Modi follows the principle, - "Suvidha, Suraksha aur Samman" (Convenience, Security and Respect), Dr Jitendra Singh said, this Government amended the PCA Act to hold the bribe giver equally culpable in acts of corrup-

Dr Jitendra Singh said, the Public Examinations (Prevention of Unfair Means) Bill is dedicated to the strength and capabilities of the Youth. The Youth and the Women are representative of the two sections that are a priority of the Government headed by Prime Minister Shri Narendra Modi. PM Modi has said, we are aware of only four classes, - Youth, Women, Kisan or Annadaata and the Poor.

The Bill proposes a punishment of a minimum of three to five years of imprisonment to curb cheating and for those involved in organised crimes of cheating will face five to 10 years of imprisonment and a minimum fine of Rs 1 crore.

The Bill is aimed at preventing organised gangs and institutions that are involved in

unfair means for monetary gains, but it protects candidates from its provisions.

Kashmir's Veteran.....

and a Sahitya Academy-honoured poet, Nazki had multiple health issues. He was on dialysis for some time as his lungs were also suffering from a serious disease.

Nazki started his career as a Journalist in Zamindar Newspaper and as a casual News Reader. He eventually headed Radio Kashmir Srinagar as Director at the most critical phase of Kashmir's history. He also headed Doordarshan and later became the Deputy Director General of Doordarshan. Besides, he was the media adviser of Dr Farooq Abdullah for many years and later briefly to his son, Omar

A multi-dimensional person, he was a man of letters, art, and poetry and one of the Kashmir pioneers in TV. He flew to Germany around 1972 to pick up the audio-visual technology and brought it home.

An engaging conversationalist and an impressive poet, several of Nazki's poetic collections have bagged awards. These included Kanzalwanus Naar Heutun and Sat Baran. In 1995, he won the Sahitya Academy award in Kashmiri language literature for his book of poetry, Naar Hyutun Kanzal Wanas (Fire in the eyelashes). He has also won the state Cultural Academy Award for both that work and Lafz Lafz Noha.

Given the requirement of his frequent dialysis weekly, he had moved to live with his son who is serving a major super speciality hospital in Katra. He passed away there. Both his daughters were around at the time of his passing.

Born on February 14, he would have been 83 next week. He is survived by his son, a medical doctor, and two daughters. His wife is also unwell but doing better.

His body is being brought to Srinagar by road for burial at the family's graveyard at Sonwar, Srinagar, near Ziyarat Shareef-sharief. The timing of funeral prayers, Nimaz-e-Jinaza will be notified later, they said.

Sopore Man....

307 (attempt to murder) of the Indian Penal Code was registered at Bomai Police Station. Police said the injured was shifted to Sub-district Hospital Sopore where he was referred to SKIMS Srinagar for treatment.

"During medical treatment, the injured breathed his last on Tuesday. The medico-legal formalities of the deceased have been conducted and accused Tawseef Rashid has been arrested in the instant case," police said, adding that section 302 (murder) IPC was invoked in the case. Police said an investigation is going on.

(UNI)

Kashmir's last.....

in this art."

"My work lands in many countries like Spain and America," says Sofi, adding that the essence of his handiwork cannot be replicated by mechanized processes.

Sofi's journey as an artisan has been marked by collaboration with esteemed personalities like Jamal Siraj. Together, they once reaped the rewards of their labor, earning a handsome income for their exceptional craftsmanship. However, the advent of mass-produced goods has eroded the demand for handmade artifacts, taking Sofi's livelihood into uncertainty.

"I appeal to the government to stop the onslaught of machine work, which is the main cause of our art's demise. I fear that without intervention, the rich legacy of Kashmir's artisanal traditions will fade into obscurity, leaving behind a cultural art to decline," he

Through imparting his knowledge to eager learners, he endeavors to keep the flame of tradition ablaze for generations to come. As the last stable worker in his trade.

Sofi's plea for the preservation of handcrafted traditions echoes across the valleys, urging stakeholders to heed the call before it's too late.

GDA fails to.....

Right to Information (RTI) application filed by the activist M M Shuja has said that the expenditure in the fiscal year was only Rs 166.73 lakhs and Rs 276.88 lakhs respec-

Similarly, the official figures reveal that in the year 2020, a total budget of Rs 603 lakhs were allocated to GDA out of which the total expenditure was Rs 377.64 lakhs.

Likewise, in the year 2021, the concerned authorities have allocated a total budget of Rs 627.68 lakhs out of which the GDA has utilized

The official figures further reveal that in the year 2022, a total budget of lakhs were allocated to the GDA. However, the concerned

authorities had utilized only Rs 503.13 lakhs. According to the PIO, in the year 2023, a total budget of Rs 325.03 lakhs was allocated for the GDA out of which the expenditure was

Rs 198.29 lakhs. Stating the revenue generated by the GDA in the past five years, the PIO said that in the year 2019, it has generated a total of Rs

63,90,000. It reveals that in 2020, a total revenue of Rs 8,47,100 was generated by the GDA followed by Rs 97,30,000 in 2021, Rs 21,12,4000 in fiscal 2022 and Rs 18,73,38,000 in 2023 respectively.





DC Srinagar inspects progress of construction works on Migrant Transit Accommodation at Zewan

Asks the executing agencies to strictly adhere to the set deadline

SRINAGAR, FEB 06: Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Tuesday undertook a visit to Zewan area of District to oversee the progress of ongoing works being executed on construction of Migrant Transit Accommodation for PM Package

During the visit, the DC was accompanied by Chief Planning Officer, Executive Engineer R&B, Executive Engineer PDD, Executive Engineer PHE, Tehsildar Panthachowk, Nodal Officer and other concerned.

The Deputy Commissioner took a round of the various under construction Blocks of the Migrant Transit Accommodations. He was apprised that the work on the project for construction of 39 blocks comprising of 936 flats is going on in full swing and as on date an amount of Rs 67 crore has been expended against the allotted cost of Rs 112.34 crore.

While reviewing the present status of the project, the DC was informed that over 70 percent target under the project has been achieved with completion of civil works on 26 blocks comprising 624 flats.



The DC was further informed that 10 Blocks of Migrant Transit Accommodation for PM Package employees

shall be completed by March 2024. With regard to providing drinking water facilities at the Transit Camp, the DC was informed that over 60% works have been completed on the construc-

tion of 50,000 Gallons RCC Sump and Operators quarter at a cost of Rs 32.24 lakh. While 85% works on Construction of 100000 Gallons dome type RCC service reservoir has been completed for which Rs 35.04 lakh have been

Similarly, the DC also took first hand appraisal of power supply to the Transit Accommodation and was informed that various works for power supply are at different stages of the completion including Distribution works being executed comprising Erection of 2 No.11kV feeders, DTs for of 39 residential towers, and Illumination/ Streetlights to the periphery.

The DC asked the concerned executing agency to take up the works for community halls, approach road and protection/boundary walls at the venue simultaneously.

On the occasion, the DC asked the concerned executing agency to handover 10 Blocks of the facility by March 2024 as committed by the executing agency and further accelerate the pace of ongoing construction works to ensure timely completion of the whole

DC Srinagar tours Khonmoh Block; inspects PHC to oversee availability of healthcare facilities

SRINAGAR, FEB 06: The DeputyCommissioner(DC)Srinagar, Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Tuesday under took a visit to

Khonmoh Block of the District. Chief Planning Officer, Mohammad Yaseen Lone, Zonal Medical Officer Batmaloo, Dr Sameena, District Health officer, Dr Asifa and other concerned Officers accompanied the DC during his tour.

During the visit, the Deputy Commissioner inspected Primary Health Centre (PHC) Khonmoh in order to take stock of its functioning and healthcare facilities being provided to the

The DC inspected various units of the Health Centre including General Ward, Drug Store, Registration Counter, Diagnostic Units, X-ray room and other units.

The DC was apprised about the functioning of the Health Centre and the facilities being provided to the visiting patients.

On the occasion, the DC held interaction with the Medical and Paramedical Staff and directed them to ensure better healthcare facilities for the patients. He also asked them to take necessary measures at the facility to maintain cleanliness and hygienic environment in and around the PHC.

The DC also assured the management that all necessary support shall be provided to the PHC so that local people do not face any difficulty for emergency patient care.

During the visit, the DC also met the local people and held a detailed interaction with them.

The people demanded for further strengthening the Healthfacility. The DC gave a patient hearing to the people and assured that all possible measures will be taken to provide better patient care facilities to local residents.

Earlier, the DC visited proposed site for Development of Playground in the area for local

While interacting with the local people at the site the DC assured them that Administration will take every possible measure to provide better Sports facilities to the youth.

The DC issued on the spot directions for development of the playground to ensure local youth are provided better sports facilities in the area.

After securing Rs 60 cr funding, Qul Fruitwall confident of major transformation in horticulture sector

SRINAGAR, FEB 06: Qul Fruitwall (Qul), the Kashmir-based horticultural start-up, which became the union territory's first private sector enterprise to receive global institutional capital, is confident of major transformation in the horticulture sector with such investments. Qul Fruitwall Farm Installations has received funding of Rs. 60 crore for operations and research to modernise the sector, paving the way for more foreign institutional investment in the region.

Eighty percent of the funding is coming from Incofin Investment Management and a portion from Fiedlin Ventures.

Irtik Shamim. Chief Financial officer of the start-up told news agency—Kashmir News Observer (KNO) that Rs 60 crore funding will open the door for more foreign investments into Kashmir's horticulture industry. "We are dealing with pre and post-harvest management and our firm has helped the growers to enhance their income. We led the foundation of the CA store and introduced the concept of high-density plantation. With these achievements, we went to investors and secured a funding of Rs 60 crore," he said.

With this funding, the company's valuation has raised close to Rs 400 crores. "This is the kind of First Global investment in the UT with one of Europe's Large impact Fund as the lead investor. This will open a whole new opportunity for the budding entrepreneurs who are doing meaningful work but are not able to take their business forward beyond a certain point," Irtik said. He said the start-up is working on various models to transform the horticulture sector of the valley.

"We are witnessing that every year diseases like scab infest our orchards and affect the quality of our apples. We are currently working on a project, through which we will be able to predict diseases in apple orchards," Irtik said. Irtik also said that they have been actively working to enhances the production through introduction of modern and scientific farming in the valley.

"In Kashmir, we produce only 12-13 tonnes of apples per hectare. While as in Europe it is around 70-90 tonnes apple per hectare. We are raising awareness among the farmers and convincing them to follow the European model of farming to enhance production," he said. "Our soil is way more fertile than that of Europe and we have a scope of getting an enhanced production and quality apple. By adopting modern and scientific farming, the income of our farmers can grow by more than five times," Irtik added.

J&K Excise Department Invites Prospective Bidders For Pre-Bid Meeting Of Liquor Vends

JAMMU, FEB 6: Jammu and Kashmir Excise Department on Tuesday invited the prospective bidders for a pre-bid meeting of liquor vends to be held at Excise and Taxation Training Institute (ETTI), Nagrota here.

An official communiqué reads, "In consonance with J&K Excise Policy 2024-25, bid document for e-auction of 305 JKEL-2 vends has been issued by the Excise Department J&K. The allotment of JKEL-2 vends commonly known as Wine Shops is being conducted in a completely transparent and secure mode through J&K Bank

tiontiger.net portal".

The Excise Department requests all prospective bidders to attend the pre-bid meeting on the scheduled date, time and For the convenience of bidders,

not stationed at Jammu, an online facility is available at https://meet. google.com/drt-judj-ygy for their participation in the meeting. The expert teams from the Excise Department and J&K Bank

will be available at the venue to clear the doubts of the prospective bidders.



the Excise and Taxation Training tive bidders with the procedure of liquor trade on one hand and The department in close coor- Institute, Nagrota from 5th to 6th and criteria for bidding and to introduction of new initiatives using https://jkexcisedept.auc- dination with J&K Bank has also February 2024 intending to famil- clear their queries about e-auc- under Ease of Doing Business.

conducted a training program at iarise and sensitize the prospec-

tion procedure, eligibility, mode of allotment, requisite documents, participation/EMD and Minimum Reserve Bid Price.

Additionally, a departmental helpline number has also been set up (0191-4064440) to resolve the doubts of the prospective

Pertinently, the Finance Department has notified the J&K Excise Policy 2024-2025 on February 1,2024 wherein many initiatives have been taken to increase revenue and regulation

Traders Association Muradabad Kreeri Smells Something Fishy in SDH Building Construction, Stops Construction

DDC CHAIRPERSON SAFINA BAIG REFUTES ALLEGATIONS AND DESCRIBES THE MOVE AS POLITICALLY MOTIVATED

Aashiq Hussain

KREERI, FEB 06 (HT): Locals along with Traders association Kreeri stopped construction work of roop top of newly constructed building at SDH Kreeri. Locals alleged that sanctioned estimate of building was to construct Four floors but contractor started work on roop top of building in first floor. Residents of Kreeri area and Traders association Kreeri today morning assembled at SDH Kreeri and stopped ongoing work of Building locals demand Completion of Four floors of building as per sanctioned administrative approval while taking to Headlines Today locals said that we will not allow anybody to work on of roop top of the building until all the floors will be completed.

Locals along with Traders Association Kreeri appeal higher authorities to intervene in this matter as soon as possible so that construction work for second floor of building will start and will complete this building as per sanctioned administrative

approval. Meanwhile Safina Baig sahiba, the DDC chairperson of District Baramulla refuted all the allegations of few residents and the traders association. She described the move as politically motivated and said that people should not be misled by few miscreants of the area who are using the people's emotions to politicise the

DDC Baramulla Safina Baig Tuesday lashed out few vested interested political parties over inciting people on unnecessary issues, saying the

four-storied health centre at Wagura Kreeri will be completed soon after Detailed Project Report (DPR) is

She said as of now the two storev of the health centre is completed however it needs further two stories as per the contract done between the government and the construction agency. "Since 2018 the rates of construction material have been mounted. So the constructing agency has to submit revised DPR so that further two stories of the hospital will be constructed," she said.

She said some political parties who deprived people of Kreeri in past are trying to incite people on baseless issues. "I urge them to desist from such wrongdoings as people of Kreeri are enough politically mature," she

Lt Governor lays foundation stone of new campus of Cluster **University, Jammu**

IAMMU, FEB 06: Lieutenant Governor Shri Manoj Sinha laid the foundation stone of a new campus of Cluster University, Jammu, today.

On the occasion, the Lt Governor congratulated the Vice Chancellor, HoDs, faculty members and students of the associated colleges of cluster uni-

He highlighted the significant role of universities and educational institutions in realizing the growing aspirations of the society and the nation.

"Under the leadership of Hon'ble Prime Minister Shri Narendra Modi, Institutions and access to quality education is making valuable contributions to concerned sectors," he said.

The Lt Governor also talked about the reforms introduced in higher education sector in J&K over last few years.

"The Union Territory of Jammu Kashmir is witnessing phenomenal expansion of education sector, which in turn is addressing the vital need of development, enhancing human capital and strengthening larger vision of nation-building," the Lt Governor

He impressed upon the Colleges under Cluster University to harness the opportunities and improve, reorient and prepare market-ready skilled workforce.

The Lt Governor also congratulated the Vice Chancellor, Cluster University of Jammu, Prof Bechan Lal on successful completion of his tenure as VC and

wished him good health and all the success in future. Alok Kumar, Principal Secretary Higher Education; Ramesh Kumar, Divisional Commissioner Jammu; senior officials, Principals of Associated Colleges, Heads of Departments and Faculty members of Cluster University of Jammu were present on the occasion at Raj Bhawan.

CMYK

Emotional, creative content creation can help in spreading road safety awareness: RTO Kashmir

Says they have digitised 93 percent services yet some procedures require physical presence

SOPORE, FEB 06: Regional Transport Officer Kashmir Syed Shahnawaz Bukhari said that road safety is not a singular challenge but requires a collective and holistic approach involving various stakeholders. Speaking to the news agency—Kashmir News Observer (KNO) during his visit to Sopore, he said that people should recognize the gravity of their responsibilities on the road.

"Until and unless individuals conscientiously adhere to preventive measures, road accidents will persist," Bukhari said. "Everyone has to play a crucial role in ensuring road safety through responsible behavior and compliance with traffic rules. Non-compliance with traffic norms leads to accidents."

He said that a holistic and collective approach is imperative for tackling road safety challenges effectively. "We must involve all stakeholders, including politicians, educational institutions, journalists and the community at large to have significant results — reduce traffic accidents," he added.

"Journalists have a crucial role in promoting road safety. Through creative and emotional storytelling you can spread awareness and encourage everyone to follow road rules," he added.

He said that they have made significant strides in digitizing services since September but some procedures still require physical presence. "Our commitment to a faceless approach is reflected in the fact that 93% of our services, such as permit issuance and vehicle transfers can be availed online," said the RTO. Bukhari also said that the recent accident in Boniyar resulting in the loss of 10 lives is

tragic, insisting people should prioritize their safety over convenience. "We encourage individuals, especially village Panchs and sarpanchs to report any violations or unsafe practices to the police or our department to avoid Boniyar like accident," he said, adding that people need to adopt a culture of voluntary compliance with traffic rules for creating a safer road environment for everyone.



HT - NEWS

Arrangements for ensuing Meraj -ul-Alam festival finalized at Budgam DC instructs on making hassle-free arrangements at Charar-i-Sharief & Peth-Makhama for devotees

HT News Network

BUDGAM. FEBRUARY 06: The Deputy Commissioner (DC) Budgam, Akshay Labroo convened a meeting to finalize arrangements for the ensuing auspicious Meraj -ul- Alam festival in district Budgam.

SSP Budgam, Al Tahir Gillani; SDMs, CMO, other officers and representatives from the waqf of Peth-Makhama shrine and Charar-I-Sharief were also pres-

At the outset, the DC directed KPDCL Budgam for uninterrupted electricity supply to the Shrine of Peth Makhama and Sheikh Noor-ud-Din Noorani shrine Charar-i-Sharief.

He instructed EOs of concerned Municipal Committees to carry out special cleanliness

drives and initiate proactive measures for disposal of garbage and other waste and maintain proper sanitation in all areas.

Health authorities were instructed to ensure availability of Medical teams along with ambulances at all designated places.

With regard to availability of ration, the DC directed AD Food to ensure timely supply and distribution of food grains, besides ensuring availability of essential commodities to the general public.

The DC also directed the ARTO to ensure hassle free availability of transport facility on the auspicious days and directed him to coordinate with the traffic department so that various bottlenecks to smooth flow of traffic are removed.

During the meeting, the DC



directed the Department of PHE to ensure uninterrupted drinking water supply. They were directed to provide water tankers at identified locations.

To check illegal profiteering and hoarding in the markets, the DC directed concerned to constitute squads who will monitor and conduct market checking drives to ensure sale of quality food items.

Arrangements regarding availability of fire tenders, fire wood and other related items were also reviewed during the meeting. At the outset, the DC directed KPDCL Budgam for uninterrupted electricity supply to the Shrine of Peth Makhama and Sheikh Noor-ud-Din Noorani shrine Charar-i-Sharief.

He instructed EOs of concerned Municipal Committees to carry out special cleanliness

drives and initiate proactive measures for disposal of garbage and other waste and maintain proper sanitation in all areas.

Health authorities were instructed to ensure availabil $ity of Medical \, teams \, along \, with \,$ ambulances at all designated places.

With regard to availability of ration, the DC directed AD Food to ensure timely supply and distribution of food grains, besides ensuring availability of essential commodities to the general public.

The DC also directed the ARTO to ensure hassle free availability of transport facility on the auspicious days and directed him to coordinate with the traffic department so that various bottlenecks to smooth flow of traffic are removed.

Government of Jammu & Kashmir UT

OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION

Engineering Complex Budgam PIN No.191111 E-mail:- xenrnbdivbud@gmail.com,Phone-FAX:- 01951-255208

TENDER NOTICE

E-tendering NIT No:- 158 -MDB of 2023-24/14000-15 DATED:-05-02-2024

For and on behalf of the Lt. Governor of Union Territory of J&K, e-tenders (In Single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following works:-

1 2 3 4 5 6 7 8 Construction of 02 No cement concrete					
Construction of 02 No cement concrete	1	3 4	5 6	7 8	9
1 culvert near Unani Hospital Alnoor Rs.11.29 Lacs Rs.600/- Rs.22580/- 40 days CEE 3054-M8 Colony Narkara	1	spital Almoor Rs.11.29 Rs 600/- 1	Rs.22580/- 40 days		Chief Engineer, PWD (R&B) Kashmir

Position of AAA = AccordedProject Authority:

Position of TS Position of funds:- = Available/Committed,

The Bidding documents consisting of qualifying information, eligibility criteria, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from

epartmental website www.jktenders.	gov .m as per schedule of date given below:-		
Date of Issue of Tender Notice	05/02/2024		
Period of downloading of bidding	05/02/2024		
documents	03/02/2024		
Bid submission Start Date	05/02/2024		
Bid Submission End Date	14/02-2024 upto 4.00 P.M		
Data & time of anoning of Dida	15/02-2024 at 11.00A.M in the office of Executive		
Date & time of opening of Bids	Engineer (R&B) Division Budgam		
Submission of Performance Security	Within 7days of receipt of LOI. (The bidder has to provide 5% of		
•	allotted Cost as Performance Security in shape of CDR/FDR/BG		
(rs)	which shall subsequently release 2% CDR		
	Date of Issue of Tender Notice Period of downloading of bidding documents Bid submission Start Date		

DIPK-16084/23

Executive Engineer (R&B) Division Budgam,

GOVERNMENT OF JAMMU AND KASHMIR JAMMU & KASHMIR SERVICES SELECTION BOARD

CPO Chowk Panjtirthi, Jammu/Zamzam Complex, Rambagh, Srinagar.

Subject: Written Examination for the posts of Assistant Scientific Officer (Biology and Final Answer key Serology), Home Department, held on 07-01-2024 regarding.

Whereas, the Jammu and Kashmir Services Selection Board (JKSSB) conducted the Written Examination for the posts of Assistant Scientific Officer (Biology and Serology), Home Department, UT Cadre advertised vide Advertisement Notification No. 02 of 2022, under item no. 45 on 07th January,2024.

Whereas, the J&K Services Selection Board (JKSSB), notified Provisional Answer Key vide No. JKSSB-COEOEXAM(UT)/100/2023-03 (7362014) dated: 07-01-2024 in respect of the aforesaid posts and the same was uploaded on the official website of JKSSB (www.jkssb.nic.in) for information and seeking of objections representations on the prescribed proforma, if any, from the candidates; and

Whereas, in response to aforesaid notice, 09 objections were received in respect

of 06 unique questions within the stipulated time; and

Whereas, in view of the above, the revised/final answer key in respect of written examination held for the

posts of Assistant Scientific Officer (Biology and Serology) has been finalized.

Now, therefore, the Revised/Final Answer Key in respect of aforesaid post, for which written examination was conducted on 07-01-2024, is hereby notified as under in respect of question(s) which have been chal

FUSL		Ancar.	1011 10			
Name	Α	В	С	D	Previous Correct Option ID	New Correct Option ID
Assistant Scientific Officer (Biology and Serology)	37	7	97	67	A	DISCARDED
	61	31	1	91	A	NO CHANGE
	99	69	39	9	В	NO CHANGE
	118	88	58	28	D	NO CHANGE
	96	66	36	6	D	В
	40	10	100	70	A	DISCARDED

Further, such candidate(s) who deposited amount @ Rs 200/- per question and whose objection(s) is found genuine/correct as per revised/final answer key, will get the refund in their bank accounts provided to the

Note: No further claims in respect of final answer key shall be entertained by JKSSB through any mode.

Dated:-06.02.24 DIPK-16069/23

Reyaz Ahmad Malik (JKAS) Controller of Examinations J&K Services Selection Board

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on name MAHDA JOO S/O ...ABDULLAH R/O SHIRPORA GAVGARUN ...Now this Connection bearing Consumer ID NO 0212040005773 wants to be registered on my name MANZOOR AHMAD SOFI S/O GHULAM MOHAMMAD SOFI R/O SHIRPORA GAVGARUN .. If anybody have any objection in this regard He/She may file his/ her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

> NAME....MANZOOR AHMAD SOFI S/O ...GHULAM MOHAMMAD SOFI **R/O.. SHIRPORA GAVGARUN**

PUBLIC NOTICE

I informed to general public that my Son's Date of birth (DOB) is 11/02/2015...Now I am applying for his date of birth certificate (DOB) if anybody have any objection in this regard He/She may file His /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

> NAME...IMTIYAZ AHMAD F/O.... TEHVEAM R/O....VIZER **BLOCK.... WAGOORA**

PUBLIC NOTICE

I informed to general public that my Son's Date of birth (DOB) is 28/09/2020....Now I am applying for his date of birth certificate (DOB)if anybody have any objection in this regard He/She may file His /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

> NAME...MOHAMMAD ALTAF KHAN F/O.... HASHIM KHAN R/O....SHUMLARAN **BLOCK.... WAGOORA**

PUBLIC NOTICE

I informed to general public that my daughter FATIMA MAJEED her Date of birth (DOB) is 22/02/2023 and my Son USMAN MAIEED MALIK his Date of birth (DOB) is 25/09/2019 ... Now I am applying for his/her date of birth certificates (DOB)if anybody have any objection in this regard He/She may file His /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

> NAME...ABDUL MAJEED MALIK F/O.... FATIMA MAJEED F/O.... USMAN MAJEED R/O....MANAGAM **BLOCK.... WAGOORA**

PUBLIC NOTICE

I informed to general public that my daughter's Date of birth (DOB) is 21/01/2021. Now I am applying for her date of birth certificate (DOB)if anybody have any any objection in this regard He/She may file His /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

> NAME....NASEER AHMAD SHEIKH F/O.... FAIZA NASEER R/O....FATEHGRAH SHEER DISTT....BARAMULLA.

PUBLIC NOTICE

I informed to general public that my Son's Date of birth (DOB) is 05/04/2017...Now I am applying for his date of birth certificate (DOB)if anybody have any objection in this regard He/She may file His /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained

> NAME...SHAHZAD AHMAD KHAN F/O.... AHMAD SHAHZAD R/O....VIZER **BLOCK.... WAGOORA**

PUBLIC NOTICE

My daughter's name in DATE OF BIRTH certificate has been wrongly written as SADAKAT MALIK while her correct name is SABIHA MOHI - UD- DIN which needs to be corrected ..if anybody has any objection in this regard he /she may file his/ her objection in the (BDO) office WAGOORA within a period of seven days from the date publication of this notice After that no objection shall be entertained.

> NAMEGH MOHI- UD- DIN MALIK F/O. SABIHA MOHI-UD-DIN R/O ...WAGILA

PUBLIC NOTICE

I informed to general public that my Daughter's Date of birth (DOB) is 16/03/2022...Now I am applying for her date of birth certificate (DOB)if anybody have any objection in this regard He/She may file His /her objection in the (BDO) office WAG-OORA within seven days from the publication of this notice after that no objection will be entertained.

> NAME...SHAHZAD AHMAD KHAN F/O.... ANABIYA SHAHZAD R/O....VIZER **BLOCK.... WAGOORA**

PUBLIC NOTICE

Registration of Non-Institutional Birth Event This is for information to the general public that I want to register the Birth Event of my Child namely KHULAIFA Raouf Malik S/O AB Raouf Malik R/O Batkote District Anantnag with date of birth as 1-2-2022 at Block Development Office Pahalgam (Registrar Birth & Death). The said Birth event has

occurred at my home and not in any Hospital. Anybody having any objection in this regard, can file his/her objection in the office of BDO Pahalgam within 07 days from the publication of this notice.

NAME: AB, RAOUF MALIK S/O: MOHD. RAMZAN MALIK R/O BATKOTE **BATAKOLE**

اطلاع عام وخاص ازطرف بلال احمدوانی ولد حاجی عبدل غنی وانی ساکن پہلگام مین بلال احمدوانی ولد عبدل غنی وانی تمام لوگول بشمول arto اسنت ناگ کواطلاع کرتا ہون جو گاڈی زیرنمبر 7345 k03b مین نے سہیل احمد کو کرنا گ انتناگ اسلام اباد سے خریدی تھی پورے کاغزات نہ ہونے کی وجہ سے مین وہ گاڈی سہیل احمد کووایس کر دی ہےاب اگریہ گاڈی بھی غیر کانونی کام مین یاکسی حادسہ کی شکار ہو یی تواس فی سبز مداری

المشتهر بلال احمدواني ولدحاجي عبدل





Principal Secretary reviews functioning of Libraries, Research Department

27 existing buildings, 85

rented facilities, 19 rent-

free premises and seven

upcoming departmental

In terms of intellectual

resources, the department

boasts an impressive repos-

itory comprising 14 lakh

books and 5580 manu-

scripts spread across vari-

ous libraries. The meeting

also delved into visitor

statistics, with over 5.86

lakh individuals patroniz-

infrastructures.

■ HT News Network

JAMMU, FEBRUARY 06: Principal Secretary, Culture, Suresh Kumar Gupta, today chaired a meeting here at Civil Secretariat to assess the functioning of Libraries and Research Department.

Director, Libraries and Research, Mohammad Rafi, Director Finance, Culture, S. Satnam Singh, Special Secretary, Culture, Trishala Kumari, Deputy Director Planning, Dr Mohammad Maqbool, Deputy Director L&R Jammu, Parveen Kumari, Deputy Director L&R Kashmir, Sheikh Zahoor-ul-Haq and other concerned attended the meeting both in person and online mode.

During the meeting, the Director L&R gave a presentation highlighting depart- libraries under the depart-



ment's structure, achievements, human resources including staff position and existing vacancies.

He emphasized the historical significance of libraries such as Shri Ranbir Singh Library, Jammu and Shri Pratap Singh Library, Srinagar, which stand as some of the oldest public libraries in the country.

Regarding library infrastructure, it was informed that out of the total 131

Jammu and Kashmir over the past two years. During this period, a total of 84,305 books were issued to the visitors. Furthermore, in January 2024 alone, 35,562 individuals visited different libraries, borrowing 3,515 books, the meeting was informed. The meeting had detailed discussion on recent initiament's purview, there are

ing the libraries across

@HEADLINESTODA17

tives including implementation of E-Granthalaya 4.0 cloud software in 26 libraries, identification and establishment of libraries in various locations and ongoing process of upgrading the department's website to enhance user-friendliness, among other measures.The meeting also addressed future strategies. pertinent issues and funding allocations under the capital expenditure budget.

Deputy Commissioner reviews progress of District Jal Jeevan Mission projects in Poonch

■ HT News Network

POONCH, FEBRUARY 06: The District Development Commissioner Poonch. Yasin M. Choudhary, chaired a meeting at the DC office in Poonch to review the progress of the District Jal Jeevan Mission (DJJM).

The meeting aimed to ensure the timely and efficient execution of projects in alignment with the vision of the "Har Ghar Jal with Nal" initiative, which seeks to provide access to potable drinking water for every household in the district.

Mission Director JJM-G.N Ittoo, Chief Engineer Jal-Shakti (PHE) Department lammu- Hamesh Manchanda, Superintending Engineer Mechanical Circle Jammu-Boadh Raj & JE Ground Water attended the meeting through Vir-



tual Mode.

Xen Jal-Shakti (PHE) Poonch-Riaz Ahmed, Xen PDD Poonch- Aftaab Ahmed, AEE Jal-Shakti (PHE) Civil/Mechanical Sub-Division Poonch/ Surankote/Mendharalong with AE's and JE's attended physically.

During the meeting, a

comprehensive discussion took place, with a particular focus on the implementation of the IIM scheme in the District. The SE Mechanical Circle Jammu, Bodh Raj provided an update on the current status of Borewells/ Electromechanical works under

XEN Poonch to take stern action against slow moving Contractors. He directed the Executive Engineers to exert their efforts towards achieving the target of providing "Har Ghar Jal" (water in every household). The primary focus of this review meeting was to ensure the timely and efficient execution of DJJM projects in Poonch. The District Administration

The Deputy Commis-

sioner took review of pipe

material availability and

progress of Civil works

scheme-wise and directed

remains steadfast in its commitment to provide safe and accessible drinking water to every household, thereby enhancing the overall well-being and quality of life for the residents of Poonch.

Excise Deptt invites prospective bidders for pre-bid meeting of JKEL-2 vends

■ HT News Network

JAMMU, FEBRUARY 06: The Excise Department has invited the prospective bidders for pre-bid meeting of JKEL-2 vends to be held at Excise and Taxation Training Institute (ETTI), Nagrota on 7th February, 2024 at 4:00 pm. An official communiqué received in this regard reads, "In consonance with J&K Excise Policy 2024-25, bid document for e-auction of 305 JKEL-2 vends has been issued by the Excise Department J&K. The allotment of JKEL-2 vends commonly known as Wine Shops is being conducted in a completely transparent and secure mode through J&K Bank using https://jkexcisedept.auctiontiger. net portal". The Excise Department requests all the prospective bidders to attend the pre-bid meeting on scheduled date, time and venue. Further, for the convenience of bidders, not stationed at Jammu, online facility is available at https://meet.google.com/drt-judj-ygy for their participation in the meeting. The expert teams from Excise Department and J&K Bank will be available at the venue for clearing the doubts of the prospective bidders.

The department in close coordination with J&K Bank has also conducted training programme at the Excise and Taxation Training Institute, Nagrota from 5th to 6th February 2024 with an aim to familiarise and sensitize the prospective bidders with procedure and criteria for bidding and to clear their queries about e-auction procedure, eligibility, mode of allotment, requisite documents, participation/EMD and Minimum Reserve Bid Price etc. Additionally.

Deputy Commissioner Rajouri reviews progress of work on PMGSY Projects

■ HT News Network

RAJOURI, FEBRUARY 06: Deputy Commissioner Rajouri, Om Prakash Bhagat, presided over a comprehensive meeting today to evaluate the progress of work on Pradhan Mantri Gram Sadak Yojana (PMG-SY) projects in the district.

The evaluation spanned Phase-I, Phase-II and Phase-III of the PMGSY sector focusing on Rajouri and Budhal divisions.

Reviewing Division wise progress, the meeting was informed that out of 129 schemes sanctioned for Budhal division, 117 are complete while out of 207 projects, 193 have been completed in Rajouri division.

Emphasizing completion of all projects, the Deputy Commissioner Om Prakash Bhagat underscored the



pivotal importance of upholding stringent quality standards. He said that the infrastructure developed under the PMGSY should align with the highest benchmarks, contributing meaningfully to the socio-economic development of the district.

The call for adherence to quality standards resonates as a strategic approach to guarantee the longevity and effectiveness of the implemented projects. Striking a balance between expeditious project completion and unwavering commitment to quality reflects the dedication of the administration to foster sustainable development within the community.

The meeting not only provided a detailed overview of the advancements in PMGSY projects but also reinforced the commitment of the district administration to transparent governance and the uplift of its constituents through robust infrastructure development.

The meeting was attended by the Chief Planning Officer, Mohammad Khurshid: Executive Engineer PMGSY Rajouri, Shahid Mustafa; Executive Engineer PMGSY Budhal, Imtiaz Mir and other concerned officers.

CRPF Battalion holds free medical camp at **Channi Rama**

■ HT News Network

JAMMU, FEBRUARY 06: As part of its Civic Action Program, the 76th CRPF Battalion, in collaboration with J&K Health Department on Monday organised a free medical camp here at Shiv Shakti Mandir, Channi Rama. The Camp was hosted under the guidance of Sandeep Khirwar, IG Jammu Sector and Ramesh Kumar, DIG Range Jammu.

T.H. Khan, Commandant-76 Bn supervised the camp organized with the objective to reach out to the needv people of the area with free health care and make them aware about the healthy routine. In the Medical Camp, a team of 2 Medical Officers Dr. S. Sowmiya, 76 Battalion, CRPF and Dr. Neeyati Abrol, Medical Officer conducted free medical check-up of around 350 civilians and provided free medicines.Ramesh Kumar, DIG Jammu Range inaugurated the Civic Action Programme. On this Occasion, T.H.Khan, Commandant-76Bn appealed to all people of the area to stay fit by doing physical exercises regularly and sensitized them to maintain a healthy lifestyle & hygiene. Besides, he also elaborated the role of the CRPF in maintaining cordial relationship between locals & force.

Anand Kumar, DIG(OPS) Range Hiranagar, Hari Om Khare, Commandant-160 Bn, Mahendra Singh 2IC, Girish Chandra Singh Sontiyal Dy. Comdt., Praveen Kumar, Asstt. Comdt. and Medical Staff & Jawans of 76 Bn CRPF also participated in the camp. The initiative drew positive response and was received well by the locals with the urge that CRPF to organize such camps in the future also.

DDC Chairman Doda hosts Farewell Party for outgoing Officers

■ HT News Network

DODA, FEBRUARY 6: In a gesture of appreciation, District Development Council Chairman Dhananter Singh Kotwal hosted a farewell party for the outgoing district officers here in his office chamber. Accompanying him were ACD Phulial Singh and ACP Ashfaq Khanji, distinguished members of the council. Notably, the wise Chairman of District Development Council, Sangeeta Rani, graced the occasion with her presence, adding to the significance of the event.

During the heartfelt celebration, Chairman Dhananter Singh Kotwal extended his well wishes and blessings to the outgoing officers for their future endeavors. He expressed hope for their successful tenure at their new places of posting, emphasizing the importance of their contributions to the community.

The outgoing officers took the opportunity to share their experiences and challenges faced during their tenure at their previous place of posting. This exchange fostered a sense of camaraderie among the attendees, highlighting the shared commitment to service and excellence within the District Development Council.

DLC approves 248 cases under **HADP** in Doda

■ HT News Network

DODA, FEBRUARY 06: District Level Committee (DLC) for Holistic Agriculture Development Programme (HADP) approved 248 cases here today at its meeting chaired by District Development Commissioner Doda, Harvinder Singh, who is also Chairman of the Committee. The cases shall be forwarded to the Chief Implementation Officer (CIO) for final call.

As many as 142 Agriculture sector cases were approved for financial and logistic help to the farmers for setting up of poly houses, procurement of farm mechanised tools, construction of Vermi compost structures, Mushroom cultivation and Bee keeping, while 23 others fall under Sheep Husbandry sector for establishment of Sheep units each with 50 Sheeps/ Goats and assistance to FPOs comprising of more than 100 farmers.

DDC reviews progress achieved under **District Capex Budget in District Reasi**

■ HT News Network

REASI, FEBRUARY 06: District Development Commissioner Reasi Vishesh Mahajan today took stock of the developmental activities in the district here at a comprehensive review meeting. The focus of the meeting was on evaluating the physical and financial progress achieved under the district Capex for the financial year 2023-24. At the



outset, JD planning Sunita Kanchan gave sector-wise physical and financial progress under the Capex Budget 2023-24. It was informed that all taken up works are targeted to be completed within the current financial

year.Emphasizing the importance of speedy execution of works, the DDC Mahajan urged indenting and executing departments to ensure 100 percent completion of the targeted works by 28th February.The District Development Comcant infrastructure projects for the upcoming financial year 2024-25 were outlined. Among the priorities highlighted are the completion of school building constructions, repair of existing buildings, and the provision of essential toilet facilities.The DDC emphasized the crucial role of the Assistant Commissioner of Development (ACD) in monitoring all projects initiated.

missioner said signifi-

DC hands over keys to 3 Mumkin scheme beneficiaries at Udhampur

■ HT News Network

UDHAMPUR, FEBRUARY 06: Deputy Commissioner Udhampur Saloni Rai today handed over the keys of load-carriers to three beneficiaries provided to them under "MUMKIN" Scheme of Mission Youth. Assistant Director Employment Udhampur (Nodal Officer), Priyanka Gupta, were among several other officials of District Employment & Counseling Centre Udhampur who attended the ceremony.Highlighting the benefits provided under the "MUMKIN" Scheme, the AD Employment said the applicant will have the full liberty to choose a small commercial vehicle of any approved



models under this Scheme. She added that under the Mission Youth the government provides an amount of Rs 80000/ or 10% of on-road price of the vehicle (whichever is less) as upfront subsidy. She reiterated that the vehicle manufacturer shall also provide an upfront special discount, not less than the amount of subsidy and the banking partner shall extend loan facility.

JKEDI Director conducts in-depth evaluation of institute operations, performance Reviews status of recovery and repayment process across J&K

HT News Network

JAMMU, JANUARY 06: Director, Jammu & Kashmir Entrepreneurship Development Institute (JKEDI), Rajinder Kumar Sharma on Tuesday chaired a review meeting held at the Institute's Bari Brahmana, Jammu campus.

During the review meeting, the functioning of the Institute was discussed threadbare and progress made under repayment and recovery of funds under different schemes and other related issues were also discussed

The meeting was attended by all District Nodal Officers of JKEDI and in-charge officers of the concerned sections through virtual mode across J&K. During the meeting the Director JKEDI exhorted upon all the District Nodal Officers to enhance their efforts and complete all targets in designated time.

The Director gave a thorough analysis of recovery data, highlighting the progress achieved in all the districts of J&K. The holistic review of the recovery and repayment



status underscores the Institute's dedication to transparency, accountability, and sustainable growth.

Earlier in the day, the Director also had an introductory meeting with the faculty members and other officials of the Institute posted at Regional Campus Jammu. This interaction was aimed to strengthen internal communication channels, ensuring a cohesive approach towards achieving the Institute's goals. The Director highlighted the critical role of teamwork in realizing the Institute's commitment to providing effective guidance and mentorship. He stressed the importance of a collaborative spirit among JKEDI employees to meet and exceed the expectations set forth in guiding the youth towards successful entrepreneurial endeavors. This collaborative approach, as envisioned by the Director, not only fosters a conducive working environment but also strengthens the institute's capacity to positively impact the lives of young entrepreneurs. The Director highlighted the critical role of teamwork in realizing the Institute's commitment to providing effective guidance and mentorship. He stressed the importance of a collaborative spirit among JKEDI employees to meet and exceed the expectations.

EDITORIAL

Cancer Crisis & Healthcare Emergency

In recent years, Jammu and Kashmir has been grappling with an alarming surge in cancer mortality rates, marking a distressing trend that threatens the well-being of its residents. The rising incidence of cancer not only inflicts physical and emotional anguish upon individuals and families but also unveils critical inadequacies in the region's healthcare infrastructure.

The impact of this crisis reverberates across communities, leaving behind a trail of shattered lives and financial burdens. Families endure the anguish of witnessing their loved ones battling a relentless disease, often with limited access to specialized treatment and support services. For many, the cost of cancer care becomes an insurmountable barrier, exacerbating the already profound challenges they face.

Within the confines of Kashmir's hospitals, the strain on resources and facilities amplifies the gravity of the situation. While medical professionals strive tirelessly to provide care and comfort to cancer patients, the demand often surpasses the capacity of available services. The scarcity of oncologists, diagnostic equipment, and essential medications underscores the urgent need for bolstered healthcare provisions tailored to address the complexities of

Moreover, the geographical terrain and socio-political unrest further compound the obstacles encountered by patients seeking timely intervention and follow-up care. Remote communities find themselves isolated from vital healthcare hubs, exacerbating disparities in access to lifesaving treatments and supportive care services.

Efforts to mitigate the burgeoning cancer crisis necessitate a multi-faceted approach encompassing enhanced public awareness campaigns, expanded screening initiatives, and strategic investments in healthcare infrastructure. Collaborative endeavors between governmental agencies, non-profit organizations, and the private sector are indispensable in fostering a comprehensive framework for cancer prevention, early detection, and treatment.

As the specter of cancer looms large over Jammu and Kashmir, concerted action is imperative to confront this burgeoning healthcare emergency head-on. The urgency of the situation demands unwavering commitment and resource mobilization to ensure that every individual afflicted by cancer receives the care and compassion they deserve. Together, we must unite in solidarity to alleviate the burden of cancer and forge a path towards a healthier, more resilient future for all.

The Imperative of Coding Education For Every Child



■ By MooL Raj

In an era defined by technological advancements, the case for equipping every child with the ability to code is not just practical but pivotal for their future success. Learning to code is not solely about creating future software engineers; it is a foundational skill that cultivates critical thinking, creativity, and adaptability. As we navigate an increasingly digital world, the imperative of coding education for every child becomes more apparent, transcending the boundaries of traditional education and opening doors to a spectrum of opportunities.

Coding fosters critical thinking skills in children, honing their ability to break down complex problems into manageable components. The process of coding necessitates systematic planning and logical reasoning, instilling in young minds the importance of structure and precision. These cognitive skills, cultivated through coding, extend beyond the realm of technology, becoming valuable assets in various aspects of academic and real-world challenges.

At its core, coding is a language—a universal language that transcends cultural and linguistic barriers. Learning to code empowers children with a new form of literacy, enabling them to communicate with machines and understand the logic that underpins digital systems. In a world where technology is ubiquitous, this form of literacy becomes indispensable, offering children a means to comprehend, interact, and contribute to the technological landscape that shapes their daily lives.

ily lives. The creative potential unleashed



by coding is unparalleled. As children delve into the world of programming, they embark on a journey of innovation and self-expression. Coding provides a canvas for imaginative thinking, allowing young minds to transform ideas into digital realities. This fusion of logic and creativity is a potent combination that not only lays the foundation for future programmers but also cultivates skills essential in fields ranging from arts to sciences.

Coding is not confined to the realm of computers; it is a gateway to understanding the world of mathematics and science. The logical structures inherent in coding align with mathematical concepts, reinforcing numerical proficiency. Furthermore, coding introduces children to the scientific method as they experiment, iterate, and problem-solve through their coding projects. This interdisciplinary

approach contributes to a holistic understanding of STEM (Science, Technology, Engineering, and Mathematics) subjects.

In a rapidly evolving job market, coding skills are increasingly becoming a prerequisite for various professions. By introducing children to coding at an early age, we prepare them for a future where technological literacy is as fundamental as reading and arithmetic. The ability to code expands their career horizons, giving them a competitive edge in a landscape where technology is an integral part of nearly every industry.

Beyond the tangible career benefits, coding instills in children a mindset of persistence and resilience. Coding projects seldom unfold without challenges, requiring young learners to navigate setbacks, learn from failures, and persist in the face of

difficulties. This resilience cultivated through coding becomes a life skill, preparing children to tackle challenges with determination and adapt-

In conclusion, the imperative of coding education for every child lies in its transformative potential. It is a gateway to a world of critical thinking, creativity, and digital literacy. As we strive to prepare the younger generation for an ever-changing future, coding emerges not only as a practical skill but as a catalyst for holistic development. By ensuring that every child learns to code, we empower them to navigate the complexities of the digital age and unlock doors to a future filled with endless possibilities.

The author is a columnist and freelance writer

Angry Nature and Broken Hope



■ Vijay Garg

To preserve this white gift of nature) Last year, when winters were going on in most parts of Europe without snow, it seemed that the developed countries, which have created the problem of climate change through uncontrolled carbon emissions and excessive use of fossil fuels, were seeing the consequences of their deeds.

When there was no snow, many tourist places in Europe became deserted, glaciers started melting and the water level in the rivers started decreasing. But, we did not realize that something like this would happen within a year. Will be seen in our country also. From December to half of January, the situation became such that whether Kashmir, Himachal or Uttarakhand, the hilly areas of all these states

remained almost dry in terms of snowfall. During this period, neither the western disturbances causing rain and snowfall became active nor did the local weather changes create such a stir anywhere that the faces of tourists, farmers and businessmen blossomed with happiness. Farmers, meteorologists and economists are scared of this silence of snow. hope for tourism.

The pain of sustainable businessmen is different. Meteorologists' assessment says that from December to January, usually one and a half to two feet snow falls several times in areas like Gulmarg in Kashmir, Shimla-Manali in Himachal and Joshimath Auli in Uttarakhand. But, despite the harsh



winter, most of these places received about 80 percent less rainfall this time, barring a few exceptions.

Gulmarg in Kashmir, which is usually blessed with snowfall of several feet every year, was almost dry this time last December with six inches of snow falling. Only this remained. Snowfall is also very important for farming. The glow on the faces of apple growers of Kashmir and Himachal increases with snowfall, but due to no snowfall this time, lines of worry are clearly visible on their foreheads. The common people and farmers of the hill states know what warning is hidden for them in the snow drought.

Lack of snowfall has a negative impact on many sectors including tourism, agriculture, horticulture and hydroelectric power generation. Due to global warming, already depleted glaciers become even more empty during ice drought. UsIn L, the glacier gets a chance to recharge (recharge) the damage caused by snowfall

Due to their reserves, these glaciers provide water to rivers and springs throughout the year, but if they suffer from lack of snow even for a year, their reserves of stored water can become empty rapidly. Lack of snowfall in areas like Ladakh Kargil in Jammu and Kashmir means that this area of the Himalayas is in the grip of drought.

Due to this, the rivers originating from here do not provide sufficient water to the plains during summer. Will be able to take. However, the Himalayan regions are already facing the effects of global warming. Geologists say that in the nineties, in most of these Himalayan areas there was snowfall of more than three feet at times

from December to January. But now it seems that even these areas with the lowest greenhouse gas emissions have become vulnerable to the problems arising from global climate change.

There is a claim that due to lack of snow and rain and global warming, the temperature of Kashmir-Ladakh will increase by four to seven degrees. There may be an increase in Celsius, which can cause large-scale damage to agriculture, horticulture and the entire ecology here. In the last few years, farmers of Kashmir and Ladakh have converted their paddy fields into flower gardens in view of the recurring water shortage crisis, which is a sign of change in the ecology here. For the hilly states, snow also has an aspect of tourism.

Due to lack of snowfall, the roads of Mussoorie, Nainital of Uttarakhand have not been buzzing with tourists, while the roads of KashmirEven in areas like Gulmarg-Pahalgam, far fewer tourists are arriving than expected. Not only this, due to non-availability of necessary snow for sports like snow skiing, which is popular as an adventure tourism, the events related to it are also in danger.

The low influx of tourists has become a cause of concern for hoteliers, taxi drivers, horse and mule owners and other businessmen. However, the signs of depletion and depletion of snow that have been seen at the local level in India have been felt with great intensity in the world at large for some time now. The biggest concern is the rate of melting of ice at both the poles of the Earth.

For example, one issue is that of Greenland falling in the Arctic region. Although there is ice here throughout the year, studies have shown that for the first time in the last one thousand years, Greenland has now reached the point of becoming the hottest. One of its effects has already been felt in the year 2019, when it was claimed on the basis of facts that there is a significant rise in sea level due to melting of ice in the Arctic.happened.

What is more worrying here is that the layers of Petermann, Greenland's most important glacier, are breaking apart rapidly due to the heat. The result of this may be that the water level of the oceans all over the world will increase due to this. This will also increase the danger to lowlying islands and coastal areas.

Like the North Pole, the South Pole i.e. Antarctica has six times more ice than the Arctic. But, in the year 2023 this snow was at its lowest level ever. That is why it is important to save this white gift of nature. Efforts should be made to keep A, which perhaps can be realized to some extent by efforts to stop global warming.

Vijay Garg Retired Principal Educational Columnist Malout

DOODHPATHRI: AN EMERGING **TOURIST ATTRACTION**



CHEADLINES

Sahil Manzoor

If there is paradise on earth, it is here, it is here, it is here. Kashmir Valley is famous throughout the world for its luscious, endowed, and charming beauty. There are amazing facts about Kashmir Valley: it looks like paradise on earth, is rich in several nature-bestowed vegetation, springs, waterfalls, and clear crystal-clear water rivers that flow from the lap of the eminent mountains of the Pir Panjal range, and beautifies and elucidates the real face of Kashmir. The people of the valley are so benevolent and known for their great hospitality

One more fact is that the tourism sector is the $backbone \, of \, Kashmir's \, economy. \, There \, are \, thousands$ of people, including all age groups, who are earning their livelihoods from this sector. The tourism department plays a vital role in generating employment for the unemployed youth and, at the same time, discovers, develops, and provides new recreational places for the native folk and the tourists who came from different corners of the country, from around the globe, and redresses the grievances faced by the tourists on a priority basis. That is quite impressive, and there are still miles to go for better and more secure accommodation. Facilities should be provided throughout the year to the visitors, and they need identification of more attractive destinations in the future.

Doodhpathri is one of the emerging tourist spots in the valley. Doodhpathri comprises two words: Doodh, which literally means milk due to the clear crystal water of the Shaliganga River, and Pathri, which means meadows. Means the milky meadow tourist destination. Doodhpathri is just about 45 km from the summer capital Srinagar and about 36 km from the district headquarters in Budgam. Doodhpathri beautifies the district of Budgam in various ways and generates livelihoods for the locals of the adjoining villages. The name was given to this renowned place by Valleys, one of the towering Sufi saints, Nund Rishi (RA), commonly known as Alamdar Kashmir among natives of Kashmir. Doodhpathri has been famous among the natives of District Budgam for centuries. Doodhpathri was earlier used for grazing purposes; still, there are mud houses called "Kotha by the locals".

Doodhpathri is situated in central Kashmir's district of Budgam. There are other tourist places in the district, such as Sonamarg, Charari Sharief (shrine of Sheikh Noor Ud din Wali (RA), and Tosamaidan, which is one of the emerging tourist destinations in the district and rich in various attractive places. Ich-Gam, Kremshora, Khansahib, and Yarikhah are the villages that can be reached via doodhpathri. There are some other routes as well,

like Magam, Beerwah, Arizal, Raiyar, Raithan, and Mujhpathri.

Places to visit Sotchal (Sochal) Pathri

Sotchal (Sochal) Pathri, nearer to Doodhpathri, is a resting place for the visitors. The place is quite picturesque and explains the endowed beauty of

The Sukhnag River is located in the Pir Panjal Mountains of Parihas Doodhpathri and Sitaharan Khag. Literally, the river is commonly known as Sukh Nag. "Sukh" comprises two Kashmiri words, like Sukh, which means calm, and Naag, which means spring. The Sukh Naag River beautifies and quenches the thirst of several villages alongside it; the villages are Arizal, Zanigam, and Beerwah, and it finally opens its mouth into the river Jhelum. Sukh Naag is one of the major tributaries of the river

The Sukhnaag River is famous throughout the district and has great influence among the native people. It originates from the upper mountain hills of the Tosamaidan. The origins are Dammam Sar, etc., which dams and beatifies the lush green forest of the place. It will be brought under the map of tourism, but at the same time, it needs the attention of the administration. The Sukhnag River has great potential for tourists and generates revenue for the state, generating employment as well for the locals of the area. There are certain more facts about the Sukhnaag River, such as that the river is just a 40-minute walk from the tourist reception center (TRC) in Raiyar-ich, Tangnar.

District Administration, Budgam, and the tourism department of the Union territory of Jammu and Kashmir. The concerned department will find many other hidden facts about the beautiful place after its takeover as a tourism destination in the Kashmir Valley. District administration Budgam put in many efforts for the upliftment of the district, as the district Budgam is still lacking several basic facilities for the tourism sector. There are renowned tourist places in the district as well. Yous Marg, Doodhpathri, and still counting. Tosamaidan is a newly introduced tourist destination, has great potential for tourism, and needs assistance from the central government. Dear readers, In Sha Allah, in the future, I will bring more interesting information and facts about the destinations and try to let you know how beautiful the Sukh Naag River is.

Raiyar -lch

Raiyar Ich is a picturesque hamlet and resting place for tourists who come from different corners of the world. Facts to know about the Raiyar-Ich Raiyar comprises two Kashmiri words, i.e., "RAI" means lost and "YAAR" means friend in Kashmiri. So the name had been given to this hamlet by the " mystic Kashmiri Sufi saint, "SHEIKH NOOR UD DIN WALI " (RA). It's so that when he reached the said village from the forests of Pir Panjal, he sent his friends to different parts of Kashmir to spread Prophet Muhammad's (peace be upon him) teaching, and he managed to start his journey alone towards Dreygam cave. Source: local legend of the village.

> Raiyar-ich, Khansahib Budgam, sahilmanzoor0401@gmail.com



Fighting Food Waste: A Crucial Step Towards Reducing Hunger Introduction:



Jaswinder Pal Sharma

Food waste is a global issue that not only impacts our environment but also exacerbates the problem of hunger around the world. According to the Food and Agriculture Organization (FAO) of the United Nations, approximately onethird of all food produced for human

consumption is lost or wasted each year. In the face of this alarming statistic, combating food waste has emerged as a crucial strategy in the broader mission to alleviate hunger.

The Scale of the Issue: Food waste occurs at various stages of the supply chain, from production and processing to distribution and consumption. In developed countries, a significant portion of waste takes place at the consumer level, where perfectly edible food is discarded due to factors like expiration dates or aesthetic imperfections. In contrast, in developing nations, the waste often occurs earlier in the supply chain due to inadequate infrastructure for storage and transportation.

Environmental Impact: Apart from its humanitarian consequences, food waste contributes significantly to environmental degradation. The resources invested in producing, transporting, and processing the wasted food are squandered, leading to increased greenhouse gas emissions and deforestation. By reducing food waste, we can simultaneously address both environmental concerns and the urgent need to feed a growing global population.

The Link Between Food Waste and Hunger: Ironically, while millions suffer from hunger worldwide, vast quantities of food are discarded daily. By tackling food waste, we can bridge the gap between surplus and scarcity. Redirect $ing\, surplus\, food\, to\, those\, in\, need, through$ partnerships with food banks and charitable organizations, represents a practical solution. This redistribution not only aids in hunger relief but also minimizes the negative environmental impact associated with food disposal.

Educating Consumers: One effective way to combat food waste is through consumer education. Raising awareness about the true shelf life of products, promoting responsible shopping habits,

and encouraging creative use of leftovers are essential steps in reducing waste at the household level. Additionally, educating consumers about the societal and environmental implications of food waste fosters a sense of responsibility and accountability.

Innovative Technologies and Solutions: Advancements in technology offer promising solutions to address food waste. From smart packaging that extends the shelf life of products to apps connecting consumers with surplus food from local businesses, these innovations play a vital role in minimizing waste across the supply chain. Governments and businesses should invest in and support such technologies to create a more sustainable and efficient food system.

Policy Interventions: Governments worldwide must recognize the urgency of the food waste issue and implement policies to combat it effectively. Establishing regulations that incentivize businesses to reduce waste, investing in infrastructure to improve storage and transportation in developing nations, and supporting initiatives that facilitate the redistribution of surplus food are critical steps in creating a comprehensive approach.

Conclusion: Fighting food waste is not only an ethical imperative but also a practical strategy in the global fight against hunger. By addressing the root causes of food waste and implementing a combination of consumer education, technological innovations, and policy interventions, we can create a more sustainable and equitable food system. Reducing food waste is not just about saving resources; it's about ensuring that the food we produce reaches those who need it the most.

> SS Master, Gsss HAKUWALA, Sri Muktsar Sahib, 79860-27454

Oxiwave: Kupwara Markets Get Dubai Touch

HT News Network

19TH LADLINES

Kupwara. Feb 06 (KNO): In a remarkable transformation, the markets of North Kashmir's Kupwara district have received a Dubai-inspired facelift. The traditional bazaars, known for their unique blend of local culture and commerce have now got a touch of modernity that echoes the opulence of the Middle East.

The initiative, driven by local entrepreneurs and supported by people, aims to enhance the aesthetic appeal and infrastructure of Kupwara'scommercial hubs.

Bilal Ahmad, 43, a resident of Tarathpora Kupwara, told news agency—Kashmir News Observer(KNO)that "Oxiwave" is a Dubai based brand introduced in Kashmir, entirely owned, managed and operated by locals.

"Our goal is to become the first million dollar brand that originated from the remote regions of Kashmir. We want to achieve this by harnessing technology and local talent, demonstrating that success can be achieved even operating from the most remote areas. Additionally, we aspire for the youth of Kashmir by sending a powerful message, you can operate and attain success from remote areas while making a significant impact with small investments, Ahmad said.

Shahid Iqbal, a guiding force behind Oxiwave, emphasized the distinctiveness of their products. Despite the quality disparity from local Kashmiri brands, the rates remain a testament to Oxiwave's commitment to accessibility. Offering a generous discount, thermals, towels, and ladies' leggings are available at prices significantly lower than their original market value.

Tahira, wife of Shahid, proudly proclaimed the headquarters of Oxiwave to be nestled in the scenic Tikkar Kupwara. With franchises adorning Handwara main market, Bemina Srinagar, Ganjwara Janglat Anantnag, and Baram-



ulla main market, Oxiwave stands as a beacon of quality and variety.

The treasure trove of brands under Oxiwave's umbrella includes an array of offerings-from bedroom sets to a diverse range of comforters, blankets, bed sheets, towels, and the unique touch of pillows crafted from duck and rabbit feathers. Not stopping there, Oxiwave is set to introduce Abayas of the Nukba brand, Kameez Shalwar for men, and exclusive marriage packages. They even extend their embrace to spiritual journeys with meticulously curated Hajj and Umrah packages.

Adding a touch of generosity, Ishfaq Iqbal, the brother of Shahid Iqbal, unveiled an Aawunique initiative. Anyone installing the Oxiwave application on their phone will receive a delightful reward—a 500 rupees voucher, a gesture echoing Oxiwave's commitment to its customers.

Beyond the realm of commerce, Oxiwave transcends into a larger vision. As Ishfaq Iqbal aptly stated, Oxiwave is not just a brand; it is an innovation tailored for diverse individuals. The organization embodies a spirit of perseverance and serves as a platform for those aspiring to contribute, especially from remote areas. Profits, while acknowledged, take a backseat to the broader message—an inspiration for the youth to dream and achieve, no matter their origin.

In essence, Oxiwave unfolds as more than a business venture; it is a narrative of ingenuity, inclusivity, and empowerment, echoing across the landscapes of Kashmir and beyond.

As Kupwara's markets embrace a touch of Dubai, the initiative serves as a testament to the power of blending tradition with modernity-Adding a touch of generosity, Ishfaq Iqbal, the brother of Shahid Iqbal, unveiled an Aawunique initiative. Anyone installing the Oxiwave application on their phone will receive a delightful reward—a 500 rupees voucher, a gesture echoing Oxiwave's commitment to its customers.

After securing Rs 60 cr funding, Qul Fruitwall confident of major transformation in horticulture sector

■ HT News Network

Srinagar, Feb 06 (KNO): Qul Fruitwall (Qul), the Kashmir-based horticultural start-up, which became the union territory's first private sector enterprise to receive global institutional capital, is confident of major transformation in the horticulture sector with such investments.

Qul Fruitwall Farm Installations has received funding of 60 crore for operations and research to modernise the sector, paving the way for more foreign institutional investment in the region.

Eighty percent of the funding is coming from Incofin Investment Management and a portion from Fiedlin Ventures.

Irtik Shamim, Chief Financial officer of the start-up told news agency-Kashmir News Observer (KNO) that Rs 60 crore funding will open the door for more foreign investments into Kashmir's horticulture industry.

"We are dealing with pre and post-harvest manage-



ment and our firm has helped the growers to enhance their income. We led the foundation of the CA store and introduced the concept of high-density plantation. With these achievements, we went to investors and secured a funding of Rs 60 crore," he said.

With this funding, the company's valuation has raised close to Rs 400 crores. "This is the kind of First Global investment in the UT with one of Europe's Large impact Fund as the lead investor. This will open a whole new opportunity for the budding entrepreneurs who are doing meaningful work but are not able to take their business forward beyond a certain point," Irtik said

He said the start-up is

working on various models to transform the horticulture sector of the valley.

"We are witnessing that every year diseases like scab infest our orchards and affect the quality of our apples. We are currently working on a project, through which we will be able to predict diseases in apple orchards," Irtik said.

Irtik also said that they have been actively working to enhances the production through introduction of modern and scientific farming in the valley.

"In Kashmir, we produce only 12-13 tonnes of apples per hectare. While as in Europe it is around 70-90 tonnes apple per hectare. We are raising awareness among the farmers and convincing them to follow the European model.

Training cum workshop for DLMTs held at Kupwara

HT News Network

KUPWARA, FEBRUARY 06: On the directions of Deputy Commissioner and skills to effectively carry out their

On the occasion, various experts



Kupwara (District Election Officer), a comprehensive training cum workshop for District Level Master Trainers(DLMT)was conducted by Election Office Kupwara at the meeting hall

participants regarding the techni-

calities involved in the election pro-

General Manager DIC Kupwara. Sameer Jan gave awareness to the DI MTs regarding Qualification and

of candidature and allot ment of Sym-

Similarly, ACR Kupwara, Irfan Bahadur provided awareness to the participants about District Election Management Plan, Vulnerability Mapping, Polling Party and Poll day Arrangements. Other experts from NIC and ACD

Kupwara, Mohammad Muzaffar also sensitized the trainers about Model Code of Conduct, Expenditure Monitoring and SVEEP, EVM-VVPAT, Counting and Declaration of result. Information about Postal Ballot, ETBPS and various IT applications including counting applications were also disseminated among the participants.The Master Trainers were briefed on the latest guidelines and regulations to be followed during elections emphasizing the impor-The training aimed to equip the Disqualification, Nomination, Scru- tance of impartiality, transparency DLMTs with the necessary knowledge tiny of Nomination and withdrawal and adherence to electoral laws.

IIMC Jammu hosts maiden alumni meet after becoming deemed university

■ HT News Network

JAMMU, FEBRUARY 6: The Indian Institute of Mass Communication (IIMC) Jammu, one of the six regional centres of IIMC, a premier institute of Government of India, organised an alumni meet titled 'Jammu Jamghat' at its new campus in Bantalab, Jammu. The theme of the first of its kind alumni meet was 'Rewind, Relieve and of the institute have

Reconnect'.Pertinently Jammu has a unique distinction being home to other premier institutes like IIM, IIT, AIIMS besides IIMC.On the occasion, Prof Anil Kumar Saumitra, Regional Director, IIMC Jammu, who is also an alumnus of IIMC, shared his thoughts with the students. He said that the culture of IIMC was very different from other media institutions and that the alumni

achieved leading positions in the industry.

Prof Rakesh Goswami, former Regional Director of IIMC, Jammu, along with Prof KG Suresh, former Director General IIMC and Vice-Chancellor Makhanlal Chaturvedi National University of Journalism and Communication, Bhopal, shared their experiences of IIMC Jammu and views through video messages. They said that it was a proud moment for them that IIMC has become Deemed to be University.

Abhishek Khajuria and Harry Walia, alumni of IIMC, Jammu, shared their student and media experiences with the current students. The programme was conducted by Abhinav Kumar Srivastava, another alumnus. The alumni also talked about being part of IIMC, a reputed media institution, and the importance of alumni network. They also gave insights and tips.

Enforcement drive against traffic violations carried out at Bandipora

■ HT News Network

BANDIPORA, FEBRUARY 06: In an effort to promote safer road practices and reduce traffic violations, a joint team of Motor Vehicle department Bandipora, Municipal Council and Traffic Police Bandipora today launched enforcement drive in main market Bandipora to curb the problems of traffic Jam, wrong parking and ensure free flow of traffic.

The enforcement drive was carried

from the community, including pedestrians, and public transport users in promoting a culture of responsibility and adherence to traffic laws.

During the drive, the team checked hundreds of vehicles and also imposed fines on many offenders for wrong parking and other traffic violations.

ARTO Bandipora, Bilal Ahmad Mir informed that today's enforcement drive was part of measures to address out to encourage active engagement issues such as illegal parking, traffic

flow management, and pedestrian safety enhancements.

In his message, ARTO Bandipora appealed to road users to refrain from illegal parking and violation of traffic laws that disrupt traffic flow and pose safety hazards.

He said illegal parking not only obstructs the smooth movement of vehicles but also creates inconvenience for pedestrians and emergency services besides it also leads to traffic congestion.

ELITE Welfare Research Organization® Baramulla

PUBLIC NOTICE

In a recent meeting of Elite Welfare Research Organization® (a Registered Organization) some new persons were enrolled in the Executive/Governing Body of the organisaton. The newly formed governing/executive body of the Elite Welfare Research Organization shall comprise of the following.

S.No	Name/Parentage/Residence	Designation
	Bashir Ahmad Mir	Chairman
	S/O Mohd. Abdullah Mir	
	R/O Qazi Hamam Baramulla	
	A/P: Jetty Khawaja Bagh Baramulla	11: 01 :
	Nuzhat Manzoor Ahanger	Vice Chairperson
	D/O: Manzoor Ahmad Ahanger	
	R/O: Jetty Road Khawaja Bagh	
	Baramulla	
	Mudasir Manzoor Ahanger	Gen. Secretary
	S/O: Manzoor Ahmad Ahanger	
	R/O Jetty Road Khawaja Bagh	
	Baramulla	
	Mohammad Hanief Chachi	Secretary
	S/O Mohd. Suliman Chachi	
	R/O Garkote Uri Baramulla	
	Mohammad Abdullah Mir	Treasurer
	S/0 Ghulam Mohammad Mir	
	R/O Qazi Hamam Baramulla	
	Mohammad Iqbal Khan	Member
	S/O: Mohammad Rafiq Khan	
	R/O Kahmoh Rafiabad Baramella,	
	Nissar Ahmad Baigh	Member
	S/O: Bashir Ahmad Baigh	
	R/O Chandoosa Baramulla	

Now we have applied for non-involvement certificate from the 0/0Deputy Commissioner Baramulla, any objection in this connection can be filed in the concerned D.C office within seven (07) days after that no objection will be entertained.

Jagdeep Dhankhar vs Sena MP Priyanka **Chaturvedi On Women Reservation**

HT News Network

New Delhi: Rajya Sabha Chairman Jagdeep Dhankhar on Tuesday said an impression should not be created that the reservation for women in Parliament and state assemblies was "only on paper", dismissing Shiv Sena MP PriyankaChaturvedi'sremarks on the issue.

Participating in a discussion, Ms Chaturvedi the law on women's reservation, passed by Parliament in September last year, will come into force only after



stand in queue, but we (government) will open the door only in 2029," she said.

Ms Dhankhar, who was in the Chair, said the passage of the law was an "epochal development" and 2029. "You (women) can any impression otherwise should not be sought to be made."I think there are some issues on which we need to be clearly very rational. The epochal development about women reservation was supported by the entire Parliament.

Priyanka Ji, you know that a process" has to be followed before it comes to fruition, he said."Therefore, to generate an ecosystem that something has been given and we are at the door not being given...let us not emanate an impression that something has been given which could be immediately implemented," Mr Dhankhar said.He said everyone knows that the process requires delimitation and identification of constituencies for reserva-

Enlightened members of Parliament, you being one

CMYK

Two-days District Level Seminar on 'Potential & Prospects of Commercial **Beekeeping commences at Kupwara**

■ HT News Network

KUPWARA, FEBRUARY 06: Two days district level seminar on 'Potential and Prospects of Commercial Beekeeping in District Kupwara' sponsored by National Beekeeping and Honey Mission (NBHM), Ministry of Agriculture Government of India commenced today at Town Hall Kupwara.

Seminar, organized by Agriculture Production and Farmers Welfare Department Kupwara was inaugurated by Additional Deputy Commissioner (ADC) Kupwara, Rouf ur Rahman and will conclude on 7th Feb, 2024.

On the occasion, a Souvenir was also

More than 200 farmers, most of them beekeepers, aspiring beekeepers from all over the district attended the programme. ADC while addressing the gathering



highlighted the importance of Apiculture in creating employment in the district and

assured full support to the farming community for undertaking mega projects to uplift the economy of the farmers.

Earlier in his inaugural address, Gurdeep Singh, Chief Agriculture Officer Kupwara presented a detailed overview of the scope and potential of beekeeping in Kupwara district. He elaborated on the schemes being offered by the UT government for the bee-

He also highlighted the Holistic Agriculture Development Programme (HADP) in the Agriculture Sector and detailed the Projects being implemented for promotion of beekeeping under HADP.

Lead District Manager Kupwara, Mehboob Illahi Khan urged farmers to take up beekeeping business and highlighted the availability of financing facilities under various subsidized schemes available for farmers.On the occasion, it was informed that 6 projects amounting to Rs.176 lac under NBHM were approved by District Level Committee and UT level Committee and are being established in the district which includes Beekeeping Custom Hiring Centre, Beekeeping equipment manufacturing Units, Honey Processing Units.

Additionally a Project Proposal in Public sector for the establishment of Centre of Excellence with project cost of Rs.98 lac in Apiculture in Handwara has been approved by the UT level Committee which will enable expanding the Apiculture Sector in the district.Resource Persons and experts on the occasion urged educated unemployed youth of the district to take up this lucrative business, harness its potential and contribute to the economy of the district.

They further said that Kupwara district has huge natural resources like forests, crops and herbs which offer an ample scope for agriculture, allied activities especially

Police organises reception for returnees of Bharat **Darshan Tour-2024 at DPL Ganderbal**

■ HT News Network

Gandarbal February 06: Police in Ganderbal organized a reception for the students who were part of the Bharat Darshan Tour-2024 organized by I&K Police under Civic Action Programme. The students returned back safely after a week, visiting different colourful cities of the Country. They were received by DySPDAR Ganderbal Shri Nazir Ahmad and were accorded with a warm reception at DPL Ganderbal.

While interacting with the students, Police officers congratulated them for availing the opportunity of visiting the different parts of the country and exploring various places of heritage importance. While sharing their experiences, the students showed enthusiasm and happiness and thanked Police for giving them opportunity to explore various metropolitan cities and unique heritage sites in New Delhi and Chennai.

The touring students described the tour as a great success and asserted that it has helped them to gain new experiences and also gave them vast exposure, confidence and attaining new knowledge about the visiting places. The reception ceremony ended with a vote of thanks from both the sides.

District Admin Udhampur condoles demise of AEE Jal **Shakti Department**

■ HT News Network

UDHAMPUR, FEBRUARY 6: The District Administration Udhampur has expressed heartfelt condolences over the tragic and untimely demise of Rakesh Chandan, Assistant Executive Engineer at the Jal Shakti Department Sub-Division Chenani. Rakesh Chandan passed away after a brief illness.

The Deputy Commissioner expressed profound sorrow over the sudden loss of Rakesh Chandan and extended heartfelt sympathy to the bereaved family and prayed for peace to the departed soul. She also recalled the remarkable services rendered by Mr. Chandan during his tenure as Assistant Executive Engineer Jal Shakti Department Sub-Division Chenani.

MVD conducts awareness drive on vehicle maintenance in Doda

■ HT News Network

DODA, FEBRUARY 06: To enhance road safety awareness, Doda district officials, on the direction of Deputv Commissioner Harvinder Singh and under the supervision of ARTO Doda Rajesh Gupta, spearheaded a campaign at Paryote Pull Doda as a part of National Road Safety Month.

The initiative focused on educating commercial vehicle operators about the importance of preventive and periodic maintenance to mitigate potential accidents, especially in snowbound areas.

During the event, commercial vehicle operators took an oath to prioritize road safety measures, underscoring the significance of regular vehicle upkeep. Deputy Commissioner Harvinder Singh emphasized the critical role of preventive maintenance in averting untoward incidents, particularly in challenging weather conditions prevalent in snow-covered regions.

Rajesh Gupta, ARTO Doda, stressed the need for proactive measures, highlighting that adherence to maintenance schedules can significantly reduce the risk of accidents on hazardous terrains. The initiative aimed to instill a sense of responsibility among vehicle operators, fostering a culture of safety-consciousness throughout the district.

The collaborative efforts of the district administration and transport authorities underscored their commitment to promoting road safety and ensuring the well-being of commuters traversing Doda's roads. With continued awareness initiatives and community participation, the district endeavors to create safer roadways for all travelers.

Pilgrims from Doda district leave for Ayodhya DDC Chairman, DC flag off pilgrimage

■ HT News Network

DODA, FEBRUARY 06: District Development Council Chairman Doda Dhananter Singh Kotwal, alongside Vice Chairman Sangeeta Rani, Deputy Commissioner Harvinder Singh and SSP Javid Iqbal, led a significant ceremony today as they flagged off buses carrying pilgrims to the newly constructed Ram Temple in Ayodhya.The atmosphere at Dak Bunglow Doda was electric as a large number of male and female pilgrims gathered for the auspicious journey.

The ceremony, attended by notable figures including Sandeep Manhas, DDC Councillor Thathri, Manohar Lal, DDC Chiralla, and Yudhvir Thakur, DDC West, was marked by enthusiasm and religious fervor. Rekha Devi, DDC Assar, added to the dignified presence, ensuring a representative gathering from across the district. As the buses were flagged off, jam-packed with eager devotees, the air was filled with anticipation and devotion. The pilgrimage to Ayodhya holds immense significance for the faithful, who embark on this journey to pay homage at the sacred site of the newly constructed Ram Temple.

Chairperson DDC Kulgam chairs public meeting on Urs of Hazrat Noor Shah Wali Bagdadi (R.A) at Kund

Farooq Rather

KULGAM, FEBRUARY 06: The Chairperson District Development Council (DDC) Kulgam, M Afzal Parrey, alongside Gh. Mohideen DDC Member Kulgam and Gulzar Ahmad Shiekh DDC Member Kund visited Ziyarat Shareef Kund and chaired a significant public meeting concerning the arrangements for the celebration of Urs Mubarak of Hazrat Noor Shah Wali Bagdadi (R.A).

The meeting aimed to ensure meticulous planning and execution of arrangements for the auspicious occasion.

The meeting witnessed the presence of various key officials including ADDC Kulgam, Showkat Ahmad Rather; Executive Engineers from PDD and PHE transport facilities etc.



departments, Tehsildar Kund, and several other block officers.

Chairperson DDC Kulgam led the meeting by addressing crucial issues pertinent to the smooth conduct of the Urs Mubarak celebrations. The key directives which were emphasized was to provide uninterrupted Power Supply, 24/7 Water Supply, Adequate

The meeting served as a pivotal platform for deliberating and addressing crucial aspects related to the upcoming Urs Mubarak celebration at Ziyarat Sha-

reef Kund. The on spot directives issued during the meeting underscore the commitment of the administration towards ensuring a seamless and memorable celebration of Urs Mubarak.

Road Safety: MVD Baramulla organises multiple activities at Sopore

■ HT News Network

BARAMULLA, FEBRUARY 06: As part of the National Road Safety Month, the Motor Vehicles Department (MVD) Baramulla today organized a series of engaging activities to raise awareness about road safety among students and the general public.

The activities, including Painting Competition and an Essay Competition on Road Safety, were conducted at Sanctorium School Sopore. Regional Transport Officer Kashmir, Syed Shahnawaz Bhukhari graced the occasion as the chief guest. Speaking on the occasion, RTO Kashmir said that the 'Road Safety Month' is being organized every year to educate people about the road safety measures. He stressed for complete adherence to traffic rules and regulations to



precious lives. These activities were organised to imbibe traffic sense and promote responsible road behavior from a young age.

ARTO Baramulla, Muazzam Ali emphasized the role of education in cultivating safe driving habits and outlined various initiatives undertaken to reach a wider audience with road safety messages.

The competitions saw enthusiastic participation, with 25 students showcasing their artistic skills in the Painting Competition and 20 students expressing their views on road safety through the Essay Competition. The top performers will be honored during the closing ceremony of the Road Safety Month.

Earlier, a student rally on Road Safety was organized in collaboration with Government Degree College Sopore. Students carrying placards with road safety messages participated actively, underscoring their commitment to promoting safer roads.

Turning Trash into Treasure

Hiller Block in Anantnag set to launch Door-to-Door **Waste Collection with innovative PPP Model**

HT News Network

ANANTNAG, FEBRUARY 06: Hiller Block takes a giant leap towards a cleaner environment with the initiation of mass awareness regarding Door-to-Door waste collection. Under a Public-Private Partnership (PPP) model, an authorized agency has been entrusted to collect, segregate, and treat waste.

The innovative approach involves a robust mechanism, including more than 70 community compost pits and over 10 Segregation Sheds and Rural Plastic Waste management units strategically positioned for efficient waste management.



Compost pits play a crucial role in proper composting, and at the individual level, additional pits have been constructed through MGNREGA.

Liquid waste management facilities, kitchen gardens, and soak pits, constructed through SBM (G) and MGNREGA, complement the waste management initiative. Deputy Commissioner Anantnag, S F Hamid has been actively overseeing the progress, ensuring timely support and review. Forward linkage is established with

a network connecting compost pits and Segregation Sheds. Waste, once properly segregated, will be directed to Compost units or Plastic Waste Management Centers for further processing. State-of-the-art machinery is in place to shred and bail plastic waste, contributing to both processing efficiency and revenue generation.

To ensure complete saturation of the block, ongoing efforts include the addition of compost pits, soakage pits, machinery, and vehicles. Specific user charges, approved through special Gram Sabhas, will be collected to sustain this environmentally conscious initiative.

CRC Srinagar organizes Rehabilitation/Distribution Camp for beneficiaries

■ HT News Network

SRINAGAR, FEBRUARY 06: The Composite Regional Centre, (CRC), Department of Empowerment of Persons with Disabilities, Ministry of Social Justice & Empowerment (MSJ&E), Government of India, Bemina, Srinagar today conducted rehabilitation cum Distribution Camp under ADIP scheme of the Ministry of Social Justice & Empowerment, Govt. of India in collaboration with ALIMCO, Pradhan

Mantri Divyasha Kendra (PMDK) at CRC campus Srinagar. The Rehabilitation camp was attended by more than 140 beneficiaries and their attendants and concerned Rehabilitation Professionals of CRC Srinagar.

During the said rehabilitation camp, more than 230 Assistive and Mobility Aids, and Appliances viz. JoyStick Wheel Chairs (05), Battery Operated Tricycles (24), Hearing Aids (200) etc. were distributed among the registered beneficiaries on the spot. The beneficiaries were oriented and trained to use the Mobility Aids and Assistive Devices. Awareness about Niramaya Health Insurance Scheme, Disability Certification and UDID Card issuance, KIRAN Mental Health Helpline was also briefed to the participants.

Food Safety drive leads to seizure of non-refrigerated perishable food items at Anantnag

HT News Network

ANANTNAG, FEBRUARY 06: In a significant effort to combat the menace of food fraud, the Food Safety team Anantnag today conducted a major drive targeting various Food Business Operators (FBOs) in Anantnag town.

The operation resulted in the seizure of approximately 30 kgs of suspected chicken Seekh Kabab, where the information provided on the label was found to be false and misleading. The license number mentioned on the label contradicted the information regarding the firm.

During the raid, a suspected vehicle with registration number JK01V-3486, identified as a TATA Mobile, was inspected. The vehicle was found transporting different perishable food items, including 80 kgs of dressed chick-



en, 120 kgs of dressed fish, and 100 pieces of semi-cooked Mamoos. These items were stored under ambient conditions without proper frozen storage, and all the deteriorated food items were promptly destroyed on the spot in the presence of the vehicle's driver.

Additionally, Food Safety Officer Achabal, accompanied by the Mobile Food Testing Van, conducted a market drive at Block Achabal. Two FBOs were found in contravention of regulations and have been recommended for action under the Food Safety and Standards (FSS) Act, 2006. Moreover, 25 samples of various food commodities were tested on the spot through the Mobile Food Testing Van.

The Food Safety authorities in the district have issued a stern warning to all Food Business Operators, emphasizing the need to comply with the Food Safety and Standards Act, 2006, along with its Rules and Regulations. They have cautioned that regular inspections will persist in the district to ensure the highest standards of food safety and

CMYK

DC Ganderbal presides over one-day workshop on MCH

■ HT News Network

19TH CHEADLINES

ΓODAY

GANDERBAL, FEBRUARY 06: In a concerted effort to enhance maternal and child health (MCH) initiatives, Chief Medical Officer (CMO) Ganderbal, Dr Afroza Shah, spearheaded a one-day workshop at Town Hall Ganderbal.

The event, graced by Deputy Commissioner Ganderbal, Shyambir as the Chief Guest, was attended by the officers and officials from the Education Department and ICDS Department of



departments. He urged

participants to work cohe-

sively, ensuring the effec-

tive implementation of

programs such as WIFS,

RBSK, AMB, and others. He

stressed the importance of

District Ganderbal under the convergence programme module.

The DC, in his address, emphasized the imperative need for seamless collaboration among all concerned

surpassing set targets for these programs to achieve optimal results. CMO Ganderbal, extending

a warm welcome to the chief guest and participants, highlighted the crucial roles and responsibilities of stakeholders in realizing the objectives of the Mother & Child Health programme. She underscored the significance of coordinated efforts from all stakeholders to establish a robust healthcare delivery system for the well-being of women and children in the dis-

Wellness Centre Kralpora

■ HT News Network

BUDGAM, FEBRUARY 06: The Deputy Commissioner (DC), Budgam, Akshay Labroo today inaugurated Health & Wellness Centre, Kralpora and dedicated this new health facility to the general public.

On the occasion, the DC inspected various wards and facilities including NCD screening, dispensary, testing laboratory etc and took stock of availability of medicine and machinery.

Speaking on the occasion, the DC said that the Health



DC Budgam inaugurates Health &

and Wellness Centre, Kralpora is the 6th such health facility completed in the last few months and dedicated to the general public with-

in the same period. He said that under the directions from Hon'ble LG Administration, the District

Administration Budgam is

committed to ensure speedy completion of all pending infrastructure projects.

The DC said that earlier also PHCs and NTPHCs at Mazhama, Pahroo, Choon, Gundipora, Kanira and others which were pending for years were completed in a short time and dedicated to the general public.

He said that the district administration is committed to ensure required upgradation and improvement at all health facilities for better patient care across the district.

DC Shopian reviews functioning of Agriculture, allied departments Directs Officers to popularise integrated, organic farming among the community

HT News Network

SHOPIAN.FEBRUARY 06: The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today convened a meeting to review the working of Agriculture and other allied departments in a meeting with concerned district officers of these departments in the district.

On the occasion, the DC reviewed the implementation status and progress of various flagship schemes and development works being undertaken in Agriculture and allied sectors.

The chair was apprised by the officers of concerned departments about the ongoing activities and progress thereof.

While reviewing the sector-wise perfor-



mance of agriculture, horticulture, Animal, Sheep, Fisheries, etc the DC called upon officers to create more awareness among the masses about the different income

generating schemes and modernization initiatives by organizing camps. He emphasised for quick and time bound registration of farmers and families so that all schemes are saturated and benefits designed for the farming community are extended to them.

He also impressed upon the officers to improve the outreach in the field and achieve set outcomes under all schemes so that benefits of development reach to the masses.

The DC stressed on promotion of organic, integrated farming and popularisation of animal, sheep and fish rearing for diversifying the economy, adding that the need of the hour is to increase farmers income by such interventions.

The meeting was attended by Chief Animal Husbandry Officer, Assistant Director, Fisheries, District Sheep Husbandry Officer, Area Marketing Officer, and other con-

DPO Bandipora reviews functioning of Poshan **Abhiyaan**

HT News Network

BANDIPORA, FEBRUARY 06: The District Programme Officer (DPO) Poshan Bandipora, Mohammad Ashraf Bhatt convened a meeting to review the functioning of the department and to assess the utilization of funds released under various schemes of the department.

The DPO took a review of the implementation of various schemes and programmes being implemented by the department. He emphasized on the timely utilization of funds and the submission of utilization certificates to the higher authorities by the Child Development Project

He also instructed officials to adhere to the guidelines and norms of the schemes in order to avoid any lapses or irregularities. He further stressed on the importance of regular monitoring and supervision of the field functionaries and the Anganwadi centres.

Bhatt also appreciated the efforts of the field functionaries for their tireless efforts for the implementation of government schemes and providing essential services to the deserving beneficiaries. He urged the officials to continue their work with dedication and sincerity and to achieve the targets and goals set by the department.

The meeting was attended by the Child Development Project Officers (CDPOs), Supervisors and by the senior officials of the department.

MVD, HWO Bijbehara organised Awareness/ **Interactive session on Road Safety Management**

HT News Network

ANANTNAG, FEBRUARY 06: The Motor Vehicle Department (MVD) Anantnag in collaboration with Human Welfare Organisation (HWO) Bijbehara and Zaiba Appa Educational Institute organised awareness cum interactive session on Road Safety Management for persons with disability and students enrolled here to sensitize them about the importance of obeying traffic rules and laws while being on roads.

Assistant Regional Transport Officer (ARTO) Anantnag, Dr Mohammad Zubair Lattoo was the chief guest on the occasion. DySP Traffic Rural Anantnag, Dr Mohammad Idrees was guest of honour.

Addressing the gathering, ARTO Anantnag highlighted the importance of road safety management in the lives of common people. He threw light on underlying causes of road accidents and the need to follow the golden principles of road safety.

In his Power Point presentation, ARTO Anantnag stated that during 2023, 6298 accidents took place in Jammu and Kashmir. Out of which 730 were fatal and 5568 accidents were non fatal. During the same period 893 persons were killed and 8469 were injured in road traffic crashes in India. This is a disturbing statistic and calls for a serious intervention by policy-planners, media and civil society to create continued awareness on road safety norms and regulations, he said. He said that the purpose of organizing such programmes is to disseminate a message of saving life of their own and others while being on roads and to make them law-abiding citizens of the society and to save precious lives of the people which are being lost due to traffic accidents. Later a painting competition and Tricycle rally was also organised.

MC Bandipora launches cleanliness drive for vital streams of town

■ HT News Network

BANDIPORA, FEBRUARY 06: As part of comprehensive cleanliness and to ensure cleaner and healthier environment, the Municipal Council (MC) Bandipora today launched a significant sanitation campaign for cleaning the 'Jinder Koul' and other streams that traverse through Bandipora town. This ongoing endeavor underscores the commitment of MC Bandipora to preserve the cleanliness and environmental integrty of these vital streams. Executive Officer (EO) MC Bandipora, Ajaz Ahmad Khan said that the municipal council has embarked on this initiative to address sanitation challenges and promote a culture of hygiene within the town.

Food Safety Department conducts inspections in **Ganderbal Town to uphold** hygiene, quality standards

■ HT News Network

GANDERBAL, FEBRUARY 06: In a concerted effort to safeguard public health, the Food Safety Department, under the vigilant supervision of Additional Deputy Commissioner (ADC), Gulzar Ahmad undertook comprehensive inspections of various food establishments across Ganderbal town.

The inspections carried out as part of routine regulatory measures, involved a meticulous examination of food handling, storage, and preparation practices in restaurants, eateries, and other food-related establishments. The goal is to guarantee that residents and visitors alike can enjoy meals that meet the highest standards of safety and quality.

The Food Safety team, equipped with expertise and the latest monitoring tools, assessed the compliance of establishments with established hygiene protocols, including proper sanitation, safe food storage, etc. The team also scrutinized the sourcing and quality of ingredients used in food preparation.

ADC overseeing the inspections expressed the importance of maintaining robust food safety measures. He emphasized that these inspections play a pivotal role in upholding the well-being of the community by ensuring that food establishments meet or exceed the required standards. The Food Safety Department is committed to fostering a culture of awareness and compliance within the food industry. Establishments found not meeting the stipulated standards will be required to implement corrective measures promptly.

Commissioner State Taxes e-inaugurates New Office of DC Enforcement in North Kashmir

HT News Network

BARAMULLA, FEBRUARY 06: Commissioner State Taxes J&K, P.K. Bhat Tuesday e-inaugurated the new office complex of Deputy Commissioner Enforcement (North) Kashmir located at Lallad Sopore.

The inauguration function witnessed an impressive gathering of various officers including Additional Commissioner State Taxes Kashmir, Shakeel Maqbool Yatoo; Additional Deputy Commissioner Sopore, Shabir Ahmad Raina; RTO Kashmir, Syed Shahnawaz Bukhari; Deputy Commissioner State Taxes Enforcement (Central & North) Kashmir, Parveez Ahmad Raina; DC Appeals II, Alyas Nasir: Assistant Commissioner Technical Kashmir, State Taxes Officer Enforcement North, STOs of Baramulla, Srinagar, Sopore and Kupwara, Inspectors, sub-inspectors and other officials of the department.

The inauguration of the office complex for the Enforcement Wing of the Department for North Kashmir marks a significant milestone in enhancing enforcement capabilities of the department towards revenue augmentation of the State exchequer and enhancing compliance of GST,



said CST J&K in his address.On the occasion, ADC Sopore expressed support for the initiative and commitment to fostering collaboration for the betterment of the region. The newly inaugurated office, situated at a strategically advantageous location, offers enhanced accessibility for enforcement activities across all districts of North Kashmir. Boasting six spacious rooms and an equally spacious lawn, the office is equipped to facilitate seamless operations and efficient coordination between department and stakeholders. Speaking at the inaugural ceremony, Additional Commissioner State Taxes Kashmir

emphasized the pivotal role of the new office in strengthening enforcement efforts and ensuring compliance with tax regulations across the region. He highlighted the strategic significance of the location, underscoring its convenience for stakeholders and its potential to streamline enforcement activities. The establishment of the new office of DC Enforcement North Kashmir marks a significant step forward in bolstering enforcement capabilities and advancing the agenda of compliance and governance in the region, remarked Parveez Ahmad Raina, DC Enforcement (Central & North) Kashmir.

HDFC Bank Launches of Business Credit Card Series for Self-Employed Community

HT News Network

Srinagar, Feb 6, KNT: HDFC Bank announced the expansion of its SME Payment Solutions with the launch of business range of credit cards customized for business owners, entrepreneurs, and freelancers. The credit cards will be available in 4 variants – BizFirst, BizGrow, BizPower, and BizBlack. The business credit card range offers a best-in-class interest-free credit cycle of 55 days, savings on core business spends like utility bills, GST, income tax, vendor payments, business travel, business credit cards is enviand business productivity sioned to cater to the requiretools. Tailored to address ments of the self-employed both payable and receivable community including needs of businesses, the MSMEs, startups, profes- it cards.



Bank has introduced a unified digital platform which consolidates all payables such as vendor payments, utility bills, and statutory payments etc. The platform provides a detailed dashboard with one view of payments made and accepted, for better cash-flow management.The new range of

sionals, and freelancers. Some of the key features of up to 10X reward points on

the business credit cards include up to 55 days free credit period (industry best), Business Spends, fire & burglary, cash in safe & transit, electronic equipment and EMI and Loan on card facility. Parag Rao, Country Head - Payments, Liabilities Products, Consumer Finance & Marketing HDFC Bank said, "Our business range of cred-

Road connectivity to Marbal Village restored after Snowfall

■ HT News Network

BARAMULLA, FEBRUARY 06: In a display of swift action and community service, road connectivity was successfully restored to the remote village Marbal in the Sopore Sub-division of Baramulla District after being cut-off from the region due to heavy snowfall.

Under the supervision of Additional Deputy Commissioner Sopore, Shabir Ahmad Raina, a team of dedicated officers mobilized resources and snow cutters to ensure the timely restoration of road access to Marbal village.

The proactive response from the local administration was met with gratitude and appreciation from the villagers, who lauded the swift intervention that facilitated their connectivity to the broader sub-division in a record time.

During the visit to Marbal village, community members voiced their concerns to departments.



the ADC and the visiting officers and presented a series of demands to them including the urgent need for road connectivity to Yembarzalwari, upgradation of the power network, robust provision for water supply and establishment of a middle school within the village premises to address the educational needs of the local students, who currently endure long commutes to access schooling facilities.

The ADC assured the villagers that their demands had been duly acknowledged and would be prioritised for action in coordination with the concerned government

@headlinestodaynews

Health Hazards Of Using Scented Candles - From Impacting Respiratory System To Causing Headaches

cented candles create a warm, aromatic glow that is often associated with a good mood and a merry, festive spirit. But did you know that these seemingly harmless accessories may lead to health hazards? Dr Vipul Gupta, Director of Neurointervention and Co-Chief of the Stroke Unit at the Artemis Agrim Institute of Neurosciences, Artemis Hospital Gurugram, shares the health haz-

ards of using scented candles.
"Scented candles have become synonymous with relaxation and creating a cosy atmosphere, but there are potential dangers associated with prolonged exposure to their fumes. While the pleasant fragrance may be enticing, it's essential to recognise that scented candles emit volatile organic compounds (VOCs), which can adversely affect indoor air quality," cautions Dr Gupta. VOCs released during the burning of scented candles include chemicals like benzene and toluene, which are known to have harmful effects on respiratory health. Prolonged inhalation of these compounds has been linked to respiratory irritation and headaches, and, in extreme cases, may exacerbate conditions such as asthma, the doctor shares.



Moreover, Dr Gupta highlights that certain candle wicks contain lead, which, when burned, releases toxic fumes into the air. "Inhaling lead emis-

sions poses serious health risks, particularly for pregnant women, children, and individuals with compromised immune systems," he emphasises. To

mitigate the potential risks associated with scented candles, Dr Gupta recommends opting for candles made from natural materials like soy or beeswax. These alternatives tend to produce fewer harmful byproducts when burned and are considered safer options for indoor use. "Ensuring proper ventilation while burning scented candles can help disperse any released pollutants and reduce their concentration in enclosed spaces. Also, limit the duration of candle use and be mindful of symptoms such as dizziness or respiratory discomfort, which may indicate an adverse reaction to the emitted fumes," says Dr Gupta. So while you prioritise sensory plea-

sures, keep in mind the health considerations associated with these popular decorative items, says Dr Gupta. He adds, "Before igniting that fragrant candle, it's wise to weigh the potential hazards and make informed choices for a healthier and safer festive season." Scented candles might turn the ambience festive and make your surroundings smell beautiful. However, there are several health hazards involved because of which one should be wary of using it for long hours

NEWS

_oods and habits to **■** improve your eye health



aintaining optimal eye health involves a combination of a balanced diet and healthy habits. Health experts recommend incorporating specific foods rich in nutrients essential for eye function while adopting practices that protect overall well-being. In an interview with HT Lifestyle, Dr Mohd Haseeb Beg, Consultant Ophthalmologist at Ujala Cygnus Group of Hospitals, suggested, "First, a diet abundant in fruits and vegetables provides crucial vitamins and antioxidants. Leafy greens such as spinach and kale are rich in lutein and zeaxanthin, which promote macular health. Additionally, consuming foods high in omega-3 fatty acids, like fatty fish (salmon, mackerel), can contribute to a healthier retina and may help prevent conditions like dry eyes. Antioxidantrich fruits such as berries, oranges, and kiwi support the eyes by reducing oxidative stress. Vitamin C, found in citrus fruits, plays a vital role in maintaining the blood vessels in the eyes. Including a variety of colorful fruits and vegetables ensures a diverse range of nutrients beneficial for eye health." Additionally, he recommended, "Moreover, maintaining a proper balance of micronutrients, including zinc and vitamin E, is essential. Nuts and seeds, such as almonds and sunflower seeds, are excellent sources of vitamin E and can contribute to preventing age-related eye conditions. In terms of habits, staying hydrated is crucial for overall health, including eye health. Drinking an adequate amount of water helps prevent dry eyes and maintains the fluid balance in the eyes. Taking regular breaks during prolonged screen time is another expert-recommended habit. The 20-20-20 rule—looking at something 20 feet away for 20 seconds every 20 minutes-helps alleviate eye strain associated with prolonged computer use. Lastly, protecting your eyes from harmful UV rays by wearing sunglasses with UV protection is a simple yet effective practice. Prolonged exposure to UV rays may contribute to cataracts and other eye issues." Bringing his expertise to the same, Dr Rishi Raj Borah, Country Director at Orbis, advised, "To enhance eye health, adopting a nutrient-rich diet and cultivating positive lifestyle habits are crucial. Eating a rainbow diet is a great way to improve one's overall health, includingeye health. As oxidative stress and inflammation can aggravate or lead to eye-related conditions like glaucoma, cataracts, and diabetic retinopathy, one should make it a point to incorporate foods abundant in antioxidants, such as leafy greens, colorful fruits like berries and vegetables like carrots and sweet potatoes. In addition, eating foods rich in omega-3 fatty acids such as fatty fish, flaxseeds and walnuts contributes to the structural integrity of the eyes.

Winter Depression: Expert How To Overcome **Seasonal Blues And Boost Mental Health**

he transition from long summer days to shorter, darker winter days, which occurs most frequently, is what causes seasonal depression. Symptoms typically include feeling tired or depressed for the majority of the day and losing interest in past interests. Oversleeping and changes in appetite, including a tendency to eat more and a thirst for carbs, are additional symptoms of seasonal affective disorder.

In an interview with Zee News English, Saurabh Bothra, CEO & Certified Yoga Instructor, Habuild, "Since ancient times, our reverence for the sun as a healer has been unwavering. Its warmth has been a balm for both body and mind. However, as winter settles in, our encounters with this benevolent force diminish, leaving many of us grappling with low energy and somber moods."

"The dwindling exposure to sunlight disrupts our body's internal clock, affecting crucial hormones like serotonin and melatonin. This disruption becomes more challenging during winter, impacting mental health and contributing to feelings of sadness and anxiety" he add further.

One effective remedy comes in the form of Surya Namaskar, an age-old practice involving movement, breathwork, and mindfulness. Even beginners can experience a remarkable uplift in mood and energy by repeat-



ing it 5 to 10 times, making it a potent weapon against seasonal affective disorder.

The absence of sunlight often leads our minds to wander tirelessly. Mindfulness and meditation emerge as powerful tools to anchor the mind in the present moment, providing solace and stability. Cultivating a calm mind through meditation equips us to weather emotional

storms and navigate the no-sun days with resilience. Regular exercise, whether through a brisk walk, dance

routine, or gym workout, becomes a beacon of light during the winter gloom. Physical activity triggers the release of endorphins, natural mood elevators that alleviate stress

Winter often exacerbates vitamin D deficiency, impacting mood and contributing to feelings of depression. Consult with your doctor and consider supplements or include vitamin D-rich dairy products in your diet. Nutrition plays a vital role in maintaining mental well-being.

As the days grow shorter, embrace early dinners to optimize digestion and indirectly enhance sleep quality. Good sleep becomes a precursor to a positive mood, creating a ripple effect on overall well-being.

In the absence of external sunshine, recognize the light within you. These tips are like small doses of sunshine that you can access anytime, ensuring that your internal light radiates warmth to both your mind and body. Embrace these practices, and let the radiance within you triumph over the winter blues. Winter becomes not just a season of darkness but an opportunity for self-care and resilience. Don't dismiss the winter gloom as mere blues, it's more than that. Understand the impact of no-sun days on mental health and unveil strategies to triumph over seasonal challenges.

What are top superfoods to watch out for in the new year?

uperfoods never lose their relevance when it comes to their role in lifestyle management and preventive healthcare. But as we step into the new year, five remarkable superfoods are poised to take centre stage, not because they are nutrient dense but because they are environmentally sustainable, locally available and lend themselves to versatile cooking options.

1. Moringa:

Bursting with essential nutrients and antioxidants, moringa, often hailed as the "miracle tree," is set to lead the superfood brigade. This nutrient-dense plant harbours an impressive array of vitamins, minerals and protein, offering potential benefits in bolstering immunity, combating inflammation and promoting cardiovascular health. Its versatility in various culinary applications makes it a valuable addition to a balanced diet.

2. Sea Buckthorn:

Revered for its potent medicinal properties, sea buckthorn is gaining traction as a nutritional powerhouse. Laden with vitamins, fatty acids and antioxidants, this fruit boasts antiinflammatory and skin-nourishing properties. Its potential in promoting heart health, aiding digestion, and



supporting radiant skin makes it a notable inclusion in health-conscious

3. Black Rice:

Touted as the 'forbidden rice' due to its historical rarity, black rice stands out for its rich antioxidant content and impressive fibre profile. Its deep purple hue signifies high anthocyanin levels, offering potent antiinflammatory and heart-protective benefits. As a whole grain, it aids in blood sugar regulation, supports digestive health and may even contribute to weight management.

4. Tiger Nuts:

Despite their name, tiger nuts are actually small root vegetables brimming with fibre, healthy fats and essential minerals. Their prebiotic properties support gut health, aiding in digestion and potentially enhancing immune function. These nutrientpacked tubers also serve as an excellent source of resistant starch, contributing to satiety and blood sugar control.

5. Camu Camu:

Hailing from the Amazon rainforest, camu camu emerges as a superfood teeming with immune-boosting vitamin C, surpassing even oranges in its content. This berry exhibits potent antioxidant and anti-inflammatory properties, potentially aiding in skin health, mood regulation and immune support. Its tangy flavour makes it an intriguing addition to smoothies and other culinary

The integration of these five superfoods into dietary regimens means your plate will be rich in antioxidants, essential nutrients and beneficial compounds. They hold the promise of fortifying immune defences, mitigating chronic inflammation and fostering holistic well-being.

However, it's imperative to exercise prudence and balance in incorporating these superfoods into diets. While these newcomers exhibit tremendous potential, they should complement, not replace, a diverse and balanced eating plan. Consulting healthcare providers or registered dietitians is recommended to ensure these additions align with individual health goals and needs.

Health tests women in their 30s should not ignore

eep an eye on your discharge: Discharge is entirely normal throughout your menstrual cycle. However, if your discharge begins to resemble something like cottage cheese, it could be a sign of a yeast infection. "If it's green, gray, yellow, or white, it could be a bacterial or sexually transmitted infection. Consult a doctor without delay," said Dr Gupta.

Keep an eye on your biological clock: Natural pregnancy is always preferable. As we age, our biological clock begins to tick. Women are most fertile in their early 20s, and their fertility gradually declines with age. "After the age of 35, this decline becomes more pronounced. Being more "fertility aware" allows you to make informed decisions and be aware that it might take you longer to conceive," said Dr Gupta.

Go out and walk: Do not limit yourself to computer screens or confine yourself to LED screens. Physical



activity is crucial. "Engage in 30 minutes of cardio or take a leisurely one-hour walk in the park. It helps in combating various diseases such as obesity, anxiety, depression, heart diseases, and managing diabetes," advised Dr Gup-

Breast cancer screening: Women are more prone to developing breast cancer after the age of 30. Undergoing regular mammography can help women detect the condition even before it becomes suggestive.

Cervical cancer screening:Cervical cancer appears in the lower part of the uterus in females. A Pap smear test is conducted to detect the presence of cancer cells in the cervix. It is recommended that women above the age of 21 should get a Pap smear test at least once in five years.

Bone density screening: Bone density tends to decrease after the age of 30 in women. Therefore, they are advised to get regular screening for osteoporosis.

Diabetes screening: Right from the age of 35 plus, women must undergo a blood glucose test every three years to check for prediabetes or diabetes. If a woman is obese or has a family history of diabetes, she must get screened

ing: Women must keep a check on their blood pressure to ensure that they are not suffering from a heartrelated ailment. Additionally, women who have a

family history of hyperten-

sion or blood pressure-

related issues must get

themselves regularly

checked.

Blood pressure screen-

Thyroid tests: Women over the age of 30, especially those with a family history of thyroid disorders or experiencing symptoms such as fatigue, weight changes, or mood changes, should discuss their concerns with a healthcare provider who can determine the most appropriate thyroid tests for their situ-

Vitamin D test: A vitamin D test measures the vitamin D levels in your blood. Vitamin D is essential for maintaining healthy bones and teeth, supporting the immune system, brain, and nervous system, and regulating insulin levels.







'Wanted To Take Pressure Off Rohit'

Boucher On Hardik Captaining Mumbai Indians

MUMBAI: Mumbai Indians head coach Mark Boucher has said the team wanted to take pressure off Rohit Sharma, who had captained the side since 2013, when they handed the mantle to Hardik Pandya ahead of IPL 2024.

"[Rohit] has not had the best couple of seasons of late with the bat, but he has done well as a captain," Boucher said on the Banter With The Boys podcast. "One thing I picked up with Ro, as well, who is a fantastic guy - he

has been captaining for ages and he has done really well for Mumbai Indians, and India as well - is that he walks into a place and there are just cameras, and he is so busy. Speaking with the Mumbai Indians group, we thought that this is an opportunity to step in for his last year or so.'

Across the last two IPL seasons, Rohit scored 600 runs at an average of 20.00 and a strike rate of 126.84. Mumbai won their fifth title in 2020 but failed to make the playoffs in 2021 and 2022 and were knocked out in the second Qualifier in IPL 2023.

"We still want him as a player because we believe he still has a great value to add, and just go out and enjoy it, without the hype of being a captain," Boucher said. "He is still going to captain India, that hype is going to be there. But when he steps into the IPL maybe just taking that extra bit of pressure off him as a captain, maybe we get the best out of Rohit Shar"We see him playing with a

nice smile on his face, spending a bit of time with the beautiful family he has got. There's no easy way to do it."

Mumbai bought back Hardik from Gujarat Titans in an all-cash deal in November last year and made him captain ahead of the auction in December. Hardik captained Titans to the IPL title in 2022 and led them to a runnersup finish in 2023.

"We saw a window period to get Hardik back as a player," Boucher said. "He is a Mumbai Indians boy as well. He's gone over to another franchise, he won his first year as captain, came runner-up in his second year. There's obviously some very good leadership skills as well.

"In India, people get quite emotional, but you take the emotion out of it, it's just more of a cricketing decision that was made. I do think it is going to bring

the best out of Rohit - as a person, as a player - and let him go out there and enjoy and score runs."

Boucher also looked forward to working with Jasprit Bumrah, who missed IPL 2023 with a back injury. "Bumrah coming back strengthens us big way," he said. "He is someone that I have looked at and I have gone, 'this guy knows what he is doing'. He is very smart, apparently, good team man as well. That's one relationship I am looking forward to."

South Africa hopeful of Kapp for crucial second ODI against Australia

SYDNEY: South Africa are hopeful that star allrounder Marizanne Kapp will be able to take her place in the second ODI against Australia in Sydney following the blow on the arm that forced her to retire hurt in the opening match.

Completing the second run that took her to fifty in Adelaide, Kapp was struck on the left arm by a throw from the outfield and couldn't continue her innings or bowl in Australia's chase. She went to hospital for scans which cleared her of a fracture.

Kapp did not train on Tuesday in what was an optional session and a South Africa spokesperson said she will be assessed again before the game at North Sydney Oval on Wednesday. South Africa need to win to stay in the ODI series and to avoid the points margin in the multi-format contest - currently 6-2 - becoming too wide to bridge.

With the blow being on her left arm, if Kapp is deemed fit to play she should be able to undertake her full role as an allrounder.

South Africa were comprehensively outplayed in the opening match in Adelaide, bundled out for 105 with collapses either side of Kapp's innings before Australia chased the runs in 19 overs. They let the immediate emotions of the loss settle before dissecting the result and retain the belief they can compete with the home side across in the one-day for-

"It was a hard pill to swallow, I don't want to lie," Masabata Klaas said. "But then we took the positives, and we're going forward. We still have two more games to go, so it can turn out our way in the coming two games.

"Definitely, I believe we can [beat Australia]," she added. "We are a strong team and we have matchwin-



ners." Australia allrounder Ashleigh

Gardner was expecting a response from them in the second ODI having been pushed hard in the T20I series which finished 2-1.

'The way our two opening bowlers started us off [in Adelaide] really set the tone for the rest of the game," she said. "We know that they are certainly not going to fall over tomorrow and no doubt [will] come [out] as they have especially during those

Meanwhile, on a personal level, Gardner was confident she is starting to find some of her best batting form again after a period where her bowling has become the dominant part of her game and was a key to her taking out the Belinda Clark Medal last week.

Gardner, who had a relatively underwhelming WBBL for Sydney

Sixers and a lean time in India amid limited chances to build an innings, was encouraged by the way she batted in the deciding T20I in Hobart when an undefeated 26 off 17 balls ensured Australia iced their chase.

"With the way the bowling's going at the moment, it's been the most consistent part of my game," she said. "With the bat it's about being really clear what my role is and what the scenario needs from me. That's something I've gone away from in probably the last few months where I'm trying to hit my way out of a bit of a form

"Think the way I batted in Hobart is the blueprint for me. Making sure I take a few balls at the start, knowing I can find boundaries later in my innings and I've got confidence in that, knowing I've been an attacking batter through my career."

Increasing business

by reducing printing cost



ONE STOP SOLUTION FOR ALL PRINTING NEEDS

LUBAAB Printing services means I get my job back on time, always accurate and of the highest quality



When you need a Company that can handle a complex workload, save your money and deliver on time...... leave it to

LUBAAB



Mobile: 9999038812, 9419008414 Tel: 0194-2496287 Email: jahangirbukhari@gmail.com **Radio Colony Gund Hassibhat Lawaipora Srinagar 190017**

Prepress

Sheet Fed

Bindery Finishing

Promotions

Our Printing Services

Flyers Posters Business Cards • Note pad Envelopes Brochures **Booklets** Catalogues Post Cards Presentation folders letterheads Magazines Newsletters

Raised printing

Wedding Cards Invoices Forms Labels Scratch coupor Signs/Banners Pen/Caps T-Shirts

Calenders Embroidery Door Hangers

Rni Registration No: JKENG/2011/39231, Title Code: JKENG00842, Chief Patron: Syed Sad Ud Din Bukhari (Saidi), Owner, Printer Publisher & Editor: Syed Jahangir Bukhari, Published From: Lubaab Publications Building Radio Colony Gund Hassibhat Lawaipora Srinagar - 190017, Printed At: Lubaab Publications, (Offset Printing Press), Radio Colony Gund Hassibhat Lawaipora Srinagar J&K 190017, Contact Us: Advertisement Section: Dailyheadlinestoday@gmail.com, Advt. Section: 7006846797, 9999038812, Editorial Section: 9419008414, 9596084712, Email: Dailyheadlinestoday@gmail.com, Website & Email: http://Dailyheadlinestoday.com Dailyheadlinestoday@gmail.com, Jahangirbukhari@gmail.com, Printing Press Section: Sheikh Mushtaq: 9697071471